MVA joins leading travel trade show ITB Asia. PAGE 2
Court grants trustee's request for compensation. PAGE 3

Hafa Adai!

$1

Saipan Tribune

CPA elects new board officials

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Commonwealth Ports Authority's board of directors recently elected new board officials under the leadership of board chair Jose "Joe" Ayuyu.

See CPA on Page 4

KIMBERLY B. ESMORES

Last Thursday, following a special board meeting at the Saipan Airport Aircraft Rescue and Firefighting training center, the CPA board of directors nominated and elected their new officials.

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Subpoenas for Torres, Atalig yet to be issued

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The House of Representatives special committee that is investigating the previous administration's controversial grant program has yet to issue subpoenas to compel the appearance of former governor Ralph DLG Torres, former Finance secretary David DLG Atalig, and several others, before the panel.

Yumul

In response to Saipan Tribune's inquiry over the weekend about the subpoena, committee chair Rep. Ralph N. Yumul (Ind-Saipan)

See TORRES on Page 4

FIRST COUPLE AT AUTUMN FESTIVAL FERDIE DE LA TORRE

Gov. Arnold I. Palacios and first lady Wella Palacios join Japanese dignitaries on a picnic table during the 37th Japanese Autumn Festival held at the Carolinian Utt in Garapan last Oct 31. Also in the photo are special assistant for the Office of Carolinian Affairs Felix Nogis (next to Wella), Saipan Mayor Ramon Blas Camacho (extreme left), former Pacific Development president Koichi Matsumura (to Camacho's left), high priest Takeshi Katori (left of Palacios), and Noboru Hirayama (extreme right).

US House passes bill that has $2.8M for 3 CUC projects

Sablan

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The U.S. House of Representatives passed Friday an appropriations bill that includes $2.8 million in congressionally-directed funding for three Commonwealth Utilities

See US on Page 4

'CNMI single audit for FY '21 now one year overdue'

» Norita says audit in progress and target date is March 2024

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

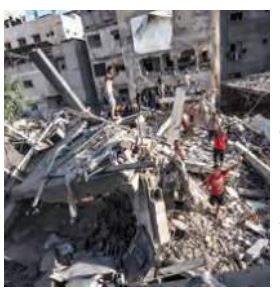
The CNMI government's single audit for fiscal year 2021 is now approximately one year overdue, according to Senate President Edith E. DeLeon Guerrero (D-Saipan).

During last week's Sen-

See AUDIT on Page 4

INSIDE

BUSINESS
Hyatt Regency Saipan has new gift ideas for local residents and tourists with its newly renovated DJ's Corner.
PAGE 11



WORLD
Israeli warplanes struck a refugee camp in the Gaza Strip early Sunday, killing at least 33 people and wounding dozens.
PAGE 13

LIFE & STYLE
A diver who spotted something metallic not far from Sardinia's coast has led to the discovery of tens of thousands of ancient bronze coins.
PAGE 15

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Local

MVA

Marianas Visitors Authority marketing manager Thomas Kim, right, promotes tourism opportunities in the Marianas at ITB Asia—an annual B2B trade show and convention for the travel industry designed to be the primary event for the Asia-Pacific travel industry—on Oct.25-27, 2023, in Singapore.

MVA joins leading travel industry show, ITB Asia

The Marianas Visitors Authority joined the leading travel trade show in Asia, ITB Asia, which was held on Oct. 25-27, 2023, in Singapore.

ITB Asia is an annual B2B trade show and convention for the travel industry designed to be the primary event for the Asia-Pacific travel industry.

Adopting the motto "Accelerating Growth: Paving the Way for New Opportunities in Travel & Tourism," the conference gathered representatives of destinations, airlines and airports, hotels and resorts, theme parks and attractions, inbound tour operators, cruise lines, spas, venues, other meeting facilities, travel technology companies, and more from across the world. Over 160 speakers delivered more than 4,000 minutes of speeches in over 100 sessions over three days.

"The MVA's attendance at ITB Asia 2023 was key for networking, gaining market insights, showcasing destination offerings, marketing and promotional opportunities, and industry collaboration," said MVA marketing manager Thomas Kim. "The event also provided a platform to elevate the visibility and appeal of the Marianas as a travel destination."

The show sparked lively discussions on topics critical to the future of MICE, corporate travel, leisure travel and travel technology.

"By participating in panel discussions, seminars, attending presentations, and engaging with thought leaders, we gained a deeper understanding of the evolving travel landscape. This knowledge can inform strategic decisions and help the MVA tailor its marketing efforts to effectively target and attract the desired visitor segments," Kim added. "The event also had media representatives, travel influencers, and digital content creators, providing an opportunity for us to engage with them and generate media coverage for the Marianas."

At the Marianas promotional booth, the MVA also distributed information about the Marianas and MVA member businesses and had 34 meetings with companies mainly from Southeast Asia, including Singapore, Indonesia, Malaysia, and Vietnam, as well as companies from China, Australia, Taiwan, Korea, the United States, and India.

Kim said the MVA will communicate and work with its new contacts on potential press trips, media promotions (video production, offline and online ads) and familiarization tours (media, influencer, travel agent) to increase exposure of the Marianas with the hopes of increasing travel demand from new markets such as Malaysia, Singapore, Taiwan, Australia and other countries listed under the Guam-CNMI Visa Waiver Program. ***(MVA)***

Hafa Adai!
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Court grants trustee's request for compensation

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The U.S. District Court for the NMI has granted Settlement Fund trustee Joyce C.H. Tang's request for compensation for work she has performed on behalf of the CNMI Settlement Fund since March 2023.

On Sept. 25, 2013, the court appointed Civille and Tang, PLLC, acting by and through its principal representative Joyce C.H. Tang, as the trustee for the Settlement Fund.

Pursuant to the terms of the appointment, the trustee now requests compensation for work performed and expenses incurred during the months of March 2023 through August 2023.

District Court designated judge Frances M. Tydingco-Gatewood has granted Tang's request for compensation for work done from March 2023 to August 2023 and has ordered the Settlement Fund to pay her over $21,000.

Tang

"The court has reviewed these invoices and finds the request for compensation and reimbursement of expenses to be reasonable. The court is satisfied with the work performed by the trustee during this time frame. Therefore, pursuant to the terms of the order re Appointment of Trustee, the court orders the Settlement Fund to pay the trustee $21,218.49," said the judge.

This amount, the judge stated in her order, represents 90% of the trustee's professional fees and all expenses and gross receipts taxes incurred during the months of March 2023 through August 2023.

The court further orders the Settlement Fund to hold in trust to the credit of the trustee the sum of $2,069, which represents 10% of the trustee's professional fees for this time period.

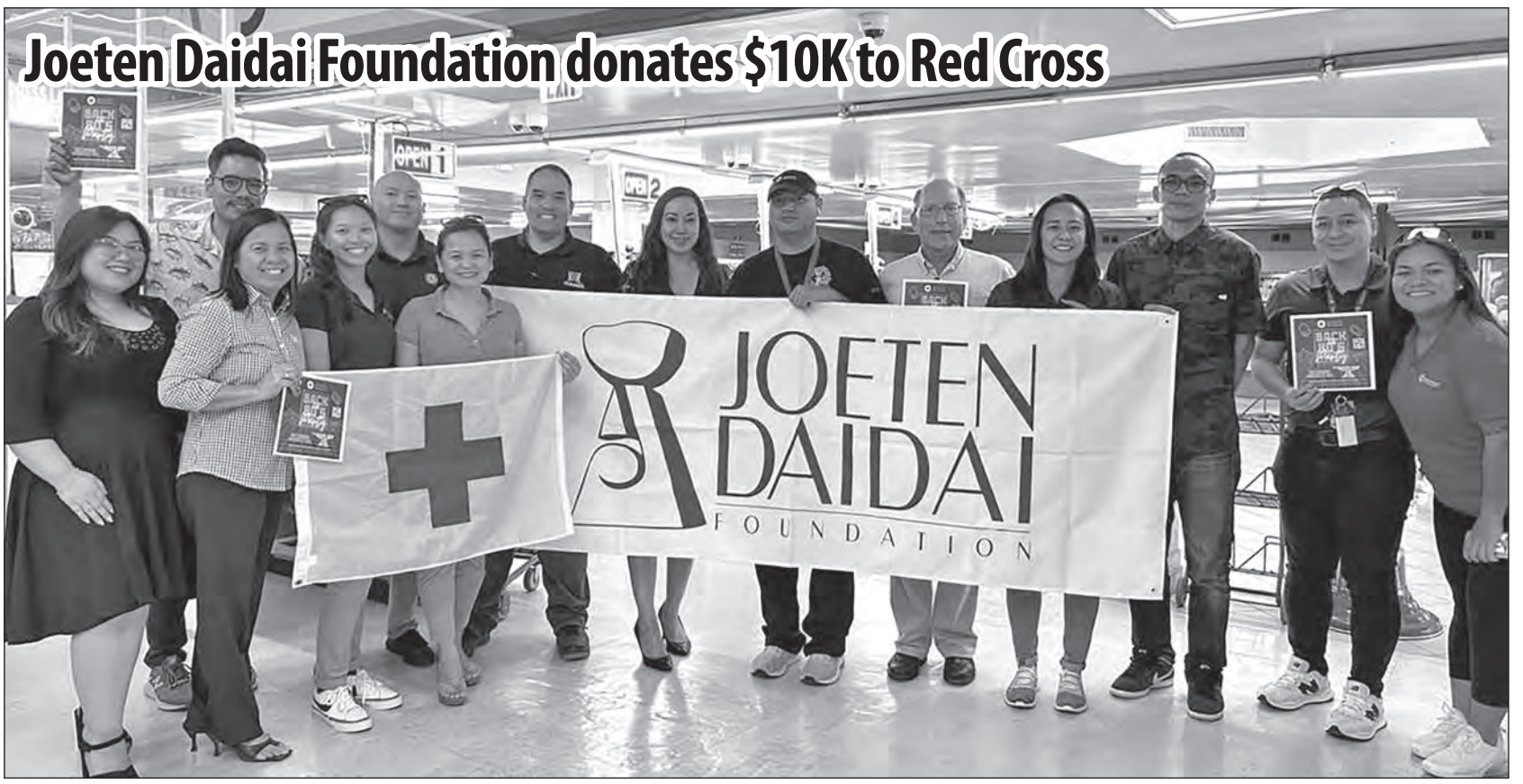
"The trustee may petition for release of this 10% retainer on a quarterly basis, subject to the court's satisfaction of the trustee's work and any objections to the Trustee's compensation requests. Objections to the Trustee's request for remuneration may be made within 10 days of this order by the plaintiff, class counsel, and counsel for the CNMI government," said Tydingco-Gatewood.

Finally, Tang asked for the release of the 10% retainer withheld from its invoices for services rendered during the months of September 2022 through February 2023.

"There being no objection to said invoices and the court being satisfied with the trustee's work, the court orders the Settlement Fund to pay the trustee the additional sum of $4,007.10," said the order.

Tang recently provided the District Court for the NMI with an extensive report on the Settlement Fund's standing.

As part of her report, Tang stated that the CNMI government struggles to make payments to the Settlement Fund due to economic constraints following the COVID-19 pandemic.



Joeten Daidai Foundation donates $10K to Red Cross

CONTRIBUTED PHOTO

Officials of Joeten Enterprises present a check to the American Red Cross-NMI Chapter at the Joeten store in Susupe.

The Joeten Daidai Foundation has provided a gift of $10,000 to support the humanitarian work of the American Red Cross-NMI Chapter through its upcoming fundraising dinner.

The donation will be used locally to support the NMI Chapter's disaster preparedness, response and recovery efforts.

"The Red Cross is celebrating 45 years of helping families here in the CNMI. Our critical lifesaving work over the years could not have been possible without the generosity of the Foundation" said JD Tenorio, disaster program manager.

John Hirsh, director of the American Red Cross-NMI Chapter, said that Joeten Enterprises has provided a legacy of financial support as well as crucially needed volunteer service to the NMI Chapter since its inception in 1978.

"The late Roman Sablan Palacios was one of the founding NMI Red Cross Chapter board members and helped pave the way for several generations of Joeten family members providing humanitarian service" Hirsh said.

The Red Cross will host a 1980's-themed dinner on Nov. 18 at Kensington Hotel Saipan. The evening will feature dinner, drinks, live entertainment, door prizes and costume contest.

For more information about the Red Cross and how you can help, visit www.redcross.org/nmi or the dinner event page at www.redcross.org/nmigala. ***(PR)***

NMC to host free info sessions on Tinian

Individuals on Tinian who are interested in furthering their education and attaining a degree with the Northern Marianas College are encouraged to attend NMC's free information sessions on Nov. 7, Nov. 8, and Nov. 9, 2023.

All sessions will be held at the Tinian Center Library's computer lab from 9am to 12pm. The events will cover information on the admissions application process, financial aid, class registration, and academic programs and services.

NMC and Tinian Municipal Scholarship staff will be available at the info sessions to assist new or returning students interested in attending the Spring 2024 semester.

Additionally, participants of the info session will qualify to have their application and placement test fees waived for NMC's upcoming spring 2024 semester—a savings of about $75.

Incoming students who have attended a Start Smart Seminar, Cash for College, or Climb Higher Seminar in the past year can avail of having their application and placement test fees waived for the spring 2024 semester.

NMC's spring 2024 semester will begin on Jan. 16, 2024. For more information, visit www.marianas.edu or contact the NMC Tinian Center at (670) 433-0657. ***(NMC)***

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Receiver's request for more time to inventory of IPI assets is OK'd

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The U.S. District Court for the NMI has granted Clear Management Ltd.'s request to modify the limited receivership it previously granted in the Joshua Gray case, giving it three more days to inventory Imperial Pacific International (CNMI) LLC properties that will be sold off.

U.S. District Court for the NMI Chief Judge Ramona V. Manglona named Clear Management last Oct. 23 as limited receiver to sell certain assets of IPI pursuant to a writ of execution issued by the court on Aug. 16.

The receivership order of Oct. 23 stated that within 14 days of the issuance of the order, Clear Management will perform a thorough inspection to locate all of IPI's personal property, wherever located, to create an inventory of all specific items in IPI's possession that it believes are subject to the writ and that it intends to sell.

Last Friday, Nov. 3, Clear Management asked the court to modify this portion of the order to allow Clear Management to file an initial inventory list by Nov. 10, but then to later file a supplemental inventory list on Dec. 6, and additional lists as become necessary.

In an order Manglona issued yesterday, she stated that the declaration of Tim Shepherd, a principal of Clear Management, demonstrates that it will not be possible for Clear Management to guarantee that it has inventoried all personal property belonging to IPI by Nov. 6, for a variety of reasons, therefore its motion for modification is warranted.

A longer version of this story is available at www. saipantribune.com

$100K bail set for man accused violating firearm laws

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has imposed a $100,000 cash bail on a man accused of violating local firearm laws and ordered him to appear in court today for a preliminary hearing to determine whether there is probable cause if the charges against him will stick.

The Superior Court imposed last week a $100,000 cash bail on James Francisco Basa Camacho, 34, who is facing charges of violating sections of the Special Act for Firearms Enforcement: lawful transportation of firearms, persons permitted to possess ammunition, firearm registration database, and possession.

Superior Court Associate Judge Wesely Bogdan ordered Camacho to appear in court today for a preliminary hearing to determine whether there is probable cause to try him for the charges filed against him.

According to court documents, Department of Public Safety Police K9 Handler Giovanni Taitingfong conducted a violator stop on a truck Camacho was driving along As Perdido Road at around 5:30am last Tuesday.

Camacho's alleged failure to show vehicle registration and proof of insurance prompted Taitingfong and police officer Paul Ichihara to issue him a citation ticket, leading to his truck having to be towed to the DPS impound lot in Lower Base.

A longer version of this story is available at www. saipantribune.com

FEMA hosts job fair on Nov. 8 at the Guam Museum

As Guam residents continue the journey toward recovery from Typhoon Mawar, the Federal Emergency Management Agency is opening additional local hire positions to help the community recover and rebuild.

FEMA is looking for local hires in Guam with experience in public assistance site inspection. To apply online and learn more, visit https://www.usajobs.gov/ and search for FEMA positions in Guam. Please stay tuned for potential future postings as needed.

FEMA local hire positions are temporary full-time positions, with select benefits and overtime as required by operational needs. Applicants must be at least 18 years old, hold U.S. citizenship, and pass a background investigation. The appointment is up to 120 days and may be extended based on operational needs.

To provide the opportunities to discuss open positions and answer questions, FEMA will host a job fair from 9am to 4:30pm on Nov. 8, at the Guam Museum (193 Chalan Santo Papa Juan Pablo Dos Hagatna, Guam96910). Interested applicants are encouraged to bring their resumes, two forms of identification, and be prepared for the possibility of receiving an on-the-spot interview. Sign language interpretation service will be available at the job fair.

Visit the following links for the latest information:

- Governor's Facebook: https://www.facebook.com/govlouguam
- GHS/OCD Website: https://ghs.guam.gov/
- GHS/OCD Facebook: https://www.facebook.com/GHSOCD/ ***(PR)***

CPA

From page 1

Following a special board meeting at the Saipan Airport Aircraft Rescue and Firefighting training center last Thursday, the CPA board elected Antonio Cabrera as the new board new vice chair on a 4-3 vote.

Cabrera was also selected to serve as the Airport Facilities Committee chairman.

The board also elected Dolores Kiyoshi to serve as board secretary, while Steve Mesngon was voted board treasurer.

In addition, Kiyoshi was also selected to serve as the CPA Financial Affairs Committee chair, while Mesngon will be the Personnel Affairs Committee chair.

Former CPA board vice chair Ray Tebuteb was selected to serve as the Seaport Facilities Committee chairman.

Ayuyu said in a later interview he is proud of the new board members and newly elected officials.

"It seems we are all in agreement with the importance of working together. As far as working together as a team, I feel like that is an area where most boards are weak. They come into their position with their own mindset. However, I really want us to work together. I do appreciate different points of view but, at the end of the day, there's got to be a decision and once one is made, let's all support that decision. Otherwise, it just confuses other employees," he said.

Cabrera said he is excited to take on this new role and joked that "this means more work for me."

"I'm willing to help get things done for the betterment of the public. Like our chair said, we have work to do, so I'm open to working with this new board in finding solutions to existing and future problems. I hope we can all work together for a better airport and seaport," he said.

Tebuteb said he looks forward to working with the new board members.

"I see a very cooperative group of board members. I know there's always—like any other organization—differences in opinion and policies. However, I feel this team will work cooperatively together and it makes a big difference in communication. I think that is the key in every organization to understand everyone's perspectives and I think the chairman has a good handle on that. He does allow us to ask questions and make suggestions on and off the record for clear communication and I am very happy with that," he said.

US

From page 1

Corp. projects that Delegate Gregorio Kilili C. Sablan (D-MP) had requested.

Each project is worth $959,752, for a total of $2,879,256. They are the Dandan Homestead Sewer Line Project, Sadog Tasi Wastewater Treatment Plant Underground Storage Tank Remediation, and Poly-fluoro Alkylated Substances Remediation System-Granular Activated Carbon Replacement.

H.R. 4821, or the Fiscal Year 2024 Department of the Interior, Environment, and Related Agencies Appropriations Act, now goes to the Senate for action.

Sablan also disclosed in his e-kilili newsletter over the weekend that the House likewise approved two floor amendments to the Department of the Interior spending bill beneficial to the Marianas.

The first amendment restores $12.5 million to the Office of Insular Affairs' assistance to territories account that was earlier cut by the majority's bill.

The second amendment increases from 1.5% to 2% the set-aside for the Marianas and other insular areas' Clean Water State Revolving Funds administered by the U.S. Environmental Protection Agency.

Sablan has been able to raise the set-aside for the Marianas to 1.5% in annual appropriations since 2010, even though the CNMI is statutorily eligible for only 0.25%.

This set-aside has already brought the Marianas over $55 million for wastewater projects, Sablan said.

The delegate said the bill continues the 1.5% insular area set-aside for Safe Drinking Water Act grants aimed at improving access and quality for the CNMI's water system.

Overall, Sablan said, Republican lawmakers reduced the Interior funding bill by over $13 billion than it was in fiscal year 2023. He said it cuts the EPA's budget by 39%, significantly reduces funding for the enforcement of environmental protections, and ignores the effects of climate change.

TORRES

From page 1

disclosed that, once they have collated all the documents that they have requested sometime this week, he will then meet with members of the Special Committee on Federal Assistance & Disaster-related Funding about the issuance of the subpoenas.

Committee members agreed last Oct. 24 to authorize Yumul to issue subpoenas to Torres, Atalig, former governor's chief of staff William M. Castro, former Department of Commerce Economic Development director Jesus Taisague, and contractors Robert Travilla, Salina Sapp, and Shane Villanueva.

Yumul said they are waiting for Bank of Saipan to submit the documents they have requested from them. He said their request to BOS is due tomorrow, Tuesday. The bank was the administrator of the $17-million Building Optimism, Opportunity, and Stability Together Program.

Yumul said the committee will then get together to review the documents.

The special committee has issued "Letter 1309" to BOS and other agencies to provide some documents related to the continued investigation into the BOOST Program. In the Commonwealth Code, that letter refers to the acquisition of information by other lawful means.

The BOOST Program was a project of the previous Office of the Governor and the Department of Commerce that aimed to provide financial assistance to CNMI businesses and non-profit organizations, but has become snared in controversy due to allegations that the grants were awarded to cronies and based on the whims of administration officials. The committee investigation seeks to find out if this was true.

AUDIT

From page 1

ate session, DeLeon Guerrero raised the issue about how current the CNMI government is with respect to single audits, during which they passed a bill that authorizes the CNMI government to negotiate a revolving line of credit with the Marianas Public Land Trust in the amount of $15 million.

Citing a letter from the U.S. Department of Commerce Economic Development Administration regional director Sheba Person-Whitley, DeLeon Guerrero said she understands why the federal government is concerned, particularly over U.S. Economic Development Administration-funded grants.

She said the federal government requires the CNMI to put up the money first for EDA-funded projects, then they will approve the drawdown later after expenses are paid out.

According to this particular EDA letter, DeLeon Guerrero said, the last completed single audit submitted to the Federal Audit Clearinghouse was for fiscal year ending 2020.

She said the single audit for fiscal year 2021 was due at the end of June 2022 no later than nine months after the end of fiscal year on Sept. 30, 2021.

"So it is now approximately one year overdue," said DeLeon Guerrero, adding that such non-compliance can be remedied by submitting current audits to the Federal Audit Clearinghouse.

Finance Secretary Tracy B. Norita said the U.S. Department of Commerce's letter is accurate in that they did submit their 2020 audit just in January of this year.

Norita said they are currently in progress with their fiscal year 2021 audit.

However, she said, they are already busy preparing to conduct the audits for fiscal years 2022 and 2023

"Now the significance of completion of the audit is that we have the ending audit adjustments that will then be rolled forward to the next fiscal year, which is '22. And then rolled again forward to [fiscal year] '23," Norita said.

She said they are working closely with their independent auditor, Ernst and Young, and that their target completion date for the fiscal year 2021 single audit is March 2024.

"But we are already discussing our options as to how we can catch up as soon as possible," the secretary said.

Norita said she is hoping to be able to do a sort of concurrent audits so that can complete all three years as soon as possible.

USPS warns of fraudulent texts sent to its Guam, Saipan customers

The U.S. Postal Inspection Service is warning its customers in Guam and the CNMI against fraudulent text messages that pretend to be from the USPS, but are actually a scam.

In an email message from Brian W. Shaughnessy, U.S. Postal Inspector in Honolulu, he said that USPS has seen an increase in complaints from consumers in Guam and Saipan claiming they have received unsolicited mobile text messages purporting to be from the USPS. The messages indicate that a Postal Service delivery was awaiting their action with an unrecognized web link to click in the body of the message.

"This type of activity, commonly known as smishing, is a scam," he said.

In smishing scams, victims will typically receive a deceptive text message that is intended to lure the recipient into providing their personal or financial information. These recent scams have attempted to impersonate the Postal Service. The objective is for the criminal to receive personally identifiable information about the victim such as user names and passwords, Social Security numbers, dates of birth, credit and debit card numbers, PIN numbers, or other sensitive information. This information is used to carry out other crimes, such as financial fraud.

Shaughnessy said that customers can protect themselves from becoming a victim of smishing by deleting text messages that ask for personal information.

"Clicking on the fraudulent web links contained in the text message can install malware on a mobile device and take the customer to fake websites that look real but are used to steal information. Do not give out personal information in response to text messages from unknown senders. Verify the identity of the sender and take the time to ask why the sender is requesting personal information," he added.

USPS customers are encouraged to report Postal Service-related smishing by emailing spam@uspis.gov.

"Customers should take a snapshot of the message to include the phone number that sent the text and attach the snapshot to the email. Please include your name, the date you received the message, whether you clicked on the link/URL, if you provided any information, and what information was provided. Also reference any monetary losses following the breach and report any impacts to your credit or person," Shaughnessy's email states.

Complaints can also be sent to the Federal Trade Commission (ftc.gov/complaint) and the FBI's Internet Crime Complaint Center at https://www.ic3.gov/complaint.

The U.S. Postal Inspection Service is the federal law enforcement arm of the Postal Service. Its website is www.uspis.gov, and its national, toll-free number is (877) 876-2455. ***(PR)***

All set for Paskong Pinoy 2023

Everything is now ready for "Paskong Pinoy 2023," which will be held at the Marianas Business Plaza parking grounds in Susupe on Dec. 10, 2023 (Sunday) from 9am to 7pm.

The United Filipino Organization, which is organizing this event, aims to uplift the spirit of Christmas in the community by providing a whole day of fun-filled activities that highlight the traditional Christmas celebration.

The annual Paskong Pinoy celebration is a whole day of Christmas festivities that's open to members of the CNMI community. The event will be filled with simultaneous programs, presentations, entertainment, gift-giving, games, and raffle drawings. There will also be local vendors for food and non-food items. Christmas melodies will be played throughout the event for all guests to enjoy.

At the event, the UFO will be holding an On-The-Spot Lantern Making Contest, Grade School Caroling Contest, and an Adult Christmas Dance Contest, with prizes of $300, $200, and $100 for first, second, and third places, respectively for contest winners.

There will also be an On-The-Spot Drawing Contest for kids ages 5-8 years old with cash prizes of $50, $30, and $20 for the Top 3 winners. Registration will be at the event grounds.

To register for the lantern, caroling, and dance contest, you can call or Whatsapp Annamae Adaza at (670) 285-4388 or secretary Yho Villavicencio at (670) 285-9017.

If you are interested in being one of the vendors, call or WhatsApp Edmin Elayda at (670) 989-0375 or Mildred Pabilando at (670) 785-0560.

If you wish to be one of the donors, sponsors, and entertainers, call or WhatsApp acting president Mario Mayuga at (670) 285-1021, Villavicencio at (670) 285-9017, treasurer Noel Ordas at (670) 287-0327, or Adaza. ***(PR)***

Saipan Lions donates wheelchair to Maturana House of Prayer

CONTRIBUTED PHOTO

From left, Alma Hilaria, Anna Mercado, Agnes Oclarino, Ruth Torrecampo, Sandra Bartolome, region chair Annamae Adaza, Sr. Martha Ramarui, MMB, Jaime Del Peralta, and Chris Manalo. Seated from left, Sr. Christina Imeong, MMB, and Sr. MaryAnn Hartman, MMB.

The Lions Clubs International, Region 2 District 204 donated a powered wheelchair last Oct. 31, 2023, to the Maturana House of Prayer.

This came soon after some Lions members found out that the Maturana nuns were looking for funds to be able to buy a a powered wheelchair for Sr. MaryAnn Hartman, MMB. The Lions members did not hesitate to make the donation, knowing how difficult is it to move around without any assistance. The group is grateful for the opportunity to lend a helping hand to the nuns at the Maturana.

Region 2, District 204 is composed of 12 clubs that are autonomous in their projects, activities, and fundraising. The 12 clubs can work as one, and they become a region.

For those interested in becoming a Lions Club member, call region chairperson Annamae Adaza at (670) 285-4388, zone chairs Arceli Lizama at (670) 287-6758; Argie Buensalido at (670) 789-0218; Marcelo Masilungan at (670) 483-9440; or district assistant secretary Tes Marquez at (670) 483-6524. ***(PR)***

MICHAEL A. WHITE, ESQ., F-0122
THE LAW OFFICES OF MICHAEL A. WHITE, LLC
POST OFFICE BOX 5222
SAIPAN, MARIANA ISLANDS 96950
TEL: (670) 234-6547
FAX: (670) 234-9537
EMAIL: mwhitespn@yahoo.com

ATTORNEY FOR Administratix

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

In the Matter of the Estate of RITA PIALUR OMAR, Deceased. | CIVIL ACTION NO. 23-0108

NOTICE OF HEARING

NOTICE IS HEREBY GIVEN that the Administratrix's Motion for Final Distribution will be heard by the Court on Thursday, November 16, 2023, at the hour of 10:00 a.m.

DATED: 01 NOV 2023

/s/
JOSEPH N. CAMACHO,
Associate Judge

NORTHERN MARIANAS HOUSING CORPORATION
Community Development Block Grant - Disaster Recovery (CDBG-DR) Program

JOB VACANCY ANNOUNCEMENT

OPENING DATE: October 31, 2023 CLOSING DATE: November 15, 2023 TIME: 4:00 P.M.

NMHC JVA NO.	Positions:	Salary:
2024-001	CDBG-DR Administrative Specialist	$25,000.00-$30,000.00 - per annum- UNGRADED
2024-002	CDBG-DR Account	$25,000.00-$30,000.00 per annum- UNGRADED

Employment application form, detailed job description, qualification requirements and other information may be accessed at www.nmhcgov.net or www.cnmi-cdbgdr.com.

Applicants may submit their applications through the following options: Submission at the at the NMHC Central Office in Garapan, Saipan; or at the Drop Box located in front of the NMHC Central Office building; or email application and documents to officemanager@nmhcgov.net.

All applicants must complete and submit the NMHC Employment Application Form together with required documents that are listed in the Employment Application Package. Failure to provide the required documents will result in automatic disqualification. NMHC and all its properties are drug-free zones; therefore, selected applicant will be subject to pre-employment drug screening.

It is the policy of the Northern Marianas Housing Corporation (NMHC) that the merit system will be applied and administered according to the principle of equal opportunity for all citizens and nationals as defined by its personnel regulations and the Northern Marianas Commonwealth Constitution regardless of age, race, sex, religion, political affiliation or belief, marital status, disability or place of origin.

For inquiries, please contact Mr. Jacob Muna, Office Manager, at (670) 234-6866/9447or by email to officemanager@nmhcgov.net. NMHC is a fair housing agency and an equal opportunity provider, lender and employer.

/s/
Jesse S. Palacios
Corporate Director

COMMONWEALTH PORTS AUTHORITY
Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950-1055
Phone: (670) 237-6500 • Fax: (670) 234-5962
E-Mail Address: cpa.admin@pticom.com • Website: www.cnmiports.com

AMENDED JOB VACANCY ANNOUNCEMENT # 01-2024

Opening date: October 30, 2023 **Closing date: November 17, 2023**

Location:	**SAIPAN**	**SALARY**
Position(s):	(1) AOA Controller-I	PL 5/1 to 5/12 ($8.83/hr to $15.10/hr)
	(1) ARFF Mechanic II	PL 6/1 to 6/12 ($9.27/hr to $15.85/hr)
	(1) General Maintenance-I	PL 3/1 to 3/12 ($8.01/hr to $13.70/hr)
	(1) Master Electrician	PL 19/1 to 19/12 ($17.48/hr to $29.90/hr)
Location:	**PORT OF SAIPAN**	
Position(s):	(1) Secretary II	PL 9/1 to 9/12 ($10.73/hr to $18.35/hr)
Location:	**TINIAN**	**SALARY**
Position(s):	(1) Custodial	PL 1/1 to 1/12 ($7.26/hr to $12.42/hr)
	(1) General Maintenance	PL 2/1 to 2/12 ($7.63/hr to $13.04/hr)
	(4) Ports Police/ARFF Trainee	PL 5/1 ($8.83/hr)
Location:	**ROTA**	**SALARY**
Position(s):	(2) Custodial/Maintenance-I	PL 2/1 to 2/12 ($7.63/hr to $13.04/hr)

Employment Application must be accompanied with a copy of all required diploma/certificates and/or official sealed transcripts, original copy of recent police record not more than six (6) months old, original copy of U.S. Department of Defense Form DD214 for retired members or veterans of our Armed Forces, and other documents as required for the position. Public Law 11-70 requires that all male applicants age 18 to 25 years old must submit documentation evidencing his registration with the Federal Selective Service System. All applications and required documents must be submitted to the ***CPA Administration Office, 2nd Floor Arrival Building, Francisco C. Ada/Saipan International Airport or CPA Administration Office, Tinian International Airport, or Benjamin Taisacan Manglona International Airport.*** Failure to provide any of the required documents will result in automatic disqualification. Certain vacancies may require written and/or physical test. Selected applicants will be subjected to pre-employment drug screening, 10-year Criminal History Record Check and 49 CFR Part 1542.209(d) Requirements. CPA reserves the right to waive or implement other qualifications to meet its needs. The deadline for submission of applications and required documents to the CPA Administration Office (Saipan) or at the Tinian International Airport or Benjamin Taisacan Manglona International Airport is no later than 5:00 P.M. on Friday, **November 17, 2023.**

Detailed information on qualifications and position descriptions for the above positions may be picked up along with the application form from Monday-Friday, 8:00 A.M. to 5:00 P.M., except on holidays, at the CPA Administration Office (2nd Floor) of the Francisco C. Ada/Saipan International Airport, Arrival Terminal or CPA Admin, Office at the Tinian International Airport or at the Benjamin Taisacan Manglona International Airport. For additional information, please contact the CPA Human Resources Office by email at lorna.robert@cnmiports.com and hrspecialist@cnmiports.com or by phone at (670)237-6500.

CPA is an Equal Opportunity Employer and CPA hires those who are legally entitled to employment in the CNMI.

WENDI PRATER
Acting Executive Director

Entrepreneurship project equips women with skills, resources

CONTRIBUTED PHOTO

The third cohort of the Women's Entrepreneurship Project, which was made possible by the CNMI Small Business Development Center at the Northern Marianas College in collaboration with the CNMI Women's Association, took place from Oct. 23 to 26, 2023.

As part of the continuing efforts to strengthen women-led businesses in the Commonwealth, the CNMI Small Business Development Center at the Northern Marianas College, in collaboration with the CNMI Women's Association, recently graduated its third cohort of the Women's Entrepreneurship Project.

The four-day training series, which took place from Oct. 23 to 26, 2023, was designed to equip women entrepreneurs with the essential skills and resources they need to overcome the challenges of starting a business. Participants engaged with industry experts, mentors, and successful women entrepreneurs. The sessions covered a diverse set of topics, including business planning, financial management, and marketing. The training series also focused on personal development and leadership skills, helping participants gain the confidence and tools needed to succeed in the business world.

Donna Rivera, one of the program's participants, said she was delighted to be part of the third cohort of the Women's Entrepreneurship Project.

"Throughout this training, regardless of our stage in pursuing our entrepreneurial dreams, we received invaluable knowledge essential for becoming successful business owners," Rivera said. "The presenters and CNMI SBDC team were incredibly generous in sharing their knowledge and expertise, which undoubtedly benefits our future endeavors. Being surrounded by women eager to learn and support one another in achieving success with our individual ventures was truly a treat. I wish everyone success and sincerely hope that NMC, CNMI SBDC, and CNMI Women's Association will continue this project for the greater good of our entire community."

Presenters included Roman Tudela, CNMI SBDC Marketing Manager and Outreach specialist, who kicked off this year's cohort training by introducing attendees to the CNMI SBDC's wide range of programs and services. The session on Day 2, also conducted by Tudela, covered training on how to market services and products using social media. The session on Day 3 featured SBDC associate network director Mercilynn K. Palec, who provided navigation tips on how to write a business plan.

On the fourth and final day, the training series welcomed guest speakers from the Commonwealth Economic Development Authority and First Hawaiian Bank. CEDA loan manager Marie Coleman and loan officers Abigail Atalig and Fredrick Cruz introduced microloan lending products while providing guidance on how to access the CEDA website to obtain the necessary applications to submit for loan consideration.

First Hawaiian Bank vice president and area manager Vickie Izuka and senior personal banker Rita Agulto shared invaluable insights from a banker's perspective on how healthy financial habits can lead to a positive impact on one's lending power. Izuka and Agulto presented information on the various factors that affect one's lending abilities through offering best management practices in order to maintain favorable credit scores, and how to read financial statements and use that information to correlate data to determine a business' overall financial health.

Nadine C. Deleon Guerrero, network director of the CNMI Small Business Development Center Network, expressed her enthusiasm for the project's success.

"It was exciting to see the women go from keeping to themselves on the first day to fully interacting with each other by the next," Deleon Guerrero said. "It is important that we continue to acknowledge the vital role women play in business. Through the Women's Entrepreneurship Project, we strive to provide that safe space where women can engage with one another, share business tips and tricks with each other, and where the ultimate goal becomes lifting each other up and empowering them toward making smarter and healthier financial decisions that will catapult them toward success."

The success of the third cohort of the Women's Entrepreneurial Project is a testament to the strength, determination, and entrepreneurial spirit of CNMI women. The program's impact is expected to be felt throughout the region as these empowered women continue to contribute to the economic growth and prosperity of the CNMI.

Linda Cabrera, a representative from the CNMI Women's Association, added, "We are proud to be a part of this initiative that promotes gender equality and economic development in our community. The collaboration between the CNMI Small Business Development Center Network and the CNMI Women's Association has been instrumental in making this program a success, and we look forward to continuing to support the growth of women-owned businesses."

The CNMI SBDC Network promotes a business-friendly economic infrastructure in the community, builds entrepreneurial capacity and financial literacy within that community, and provides current and nascent small businesses with the technical assistance, counseling, training, and support they need to innovate, adapt, and grow.

The CNMI Small Business Development Center Network is composed of the CNMI SBDC lead center oin Saipan, the Rota SBDC, and Tinian SBDC. CNMI SBDC Network is partially funded by a cooperative agreement with the U.S. Small Business Administration and NMC. ***(PR)***

NORTHERN MARIANAS HOUSING CORPORATION
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INVITATION FOR BIDS (IFB)
NMHC IFB 2024-001

(This ad is paid by NMHC by HUD funds)

BID SUBMISSION DATE: November 08, 2023, 2:00 p.m.

PUBLIC SCHOOL SYSTEM (PSS) TINIAN ELEMENTARY SCHOOL REHABILITATION PROJECT- PHASE II

Project Package will be available on October 09, 2023, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One-Hundred Dollars ($100.00) is required for each set of the project package. Payment must be made payable to NMHC and receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions on the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid Conference will be held at the NMHC Field Office in Tinian located at the NMC Campus in Tinian on October 20, 2023, 10:00 a.m. In addition, a Mandatory site Visit/Inspection of the project site will be conducted immediately after the Pre-Bid Conference. Failure to attend both the Mandatory Pre-bid conference and the Mandatory site Visit/Inspection will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager, at (670) 234-9447 or via email at officemanager@nmhcgov.net during business hours, 7:30am – 4:30pm Monday through Friday, except CNMI holidays.

/s/ JESSE S. PALACIOS
Corporate Director

/s/ MERCED "MARCIE" M. TOMOKANE
Chairwoman
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp | Website: http://www.nmhcgov.net

INVITATION FOR BIDS (IFB)
NMHC IFB 2024-002

(This ad is paid for NMHC with HUD funds)

BID SUBMISSION DATE & TIME: November 13, 2023, 2:00 p.m.

200-foot Communication Tower for the Homeland Security and Emergency Management (HSEM) Project at Mt. Tapochau, Saipan

Project Package will be available on October 13, 2023, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One-Hundred Dollars ($100.00) is required for each set of the project package. Payment must be made payable to NMHC and receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions on the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid Conference will be held at the NMHC Central Office in Garapan, Saipan on **October 24, 2023, 10:00 a.m.** In addition, a Mandatory site Visit/Inspection of the project site will be conducted immediately after the Pre-Bid Conference. Failure to attend both the Mandatory Pre-bid conference and the Mandatory site Visit/Inspection will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager, at (670) 234-9447 or via email at officemanager@nmhcgov.net during business hours, 7:30am – 4:30pm Monday through Friday, except CNMI holidays.

/s/ Jesse S. Palacios
Corporate Director

/s/ Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION
Community Development Block Grant - Disaster Recovery (CDBG-DR) Program

JOB VACANCY ANNOUNCEMENT

OPENING DATE: October 31, 2023 **CLOSING DATE: November 30, 2032** **TIME: 4:00 P.M.**

NMHC JVA No.	Positions:	Salary
2024-003	Chief Financial Officer (CFO)	$70,000.00 to $80,000.00 per annum (UNGRADED)

Employment application form, detailed job description, qualification requirements and other information may be accessed at the NMHC website at www.nmhcgov.net.

Applicants may submit their applications through the following options: Submission at the at the NMHC Central Office in Garapan, Saipan; Drop Box located in front of the NMHC Central Office building; or email application and documents to officemanager@nmhcgov.net.

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For inquiries, please contact Mr. Jacob Muna, Office Manager, at (670) 234-6866/9447or by email to officemanager@nmhcgov.net . NMHC is a fair housing agency and an equal opportunity provider, lender and employer.

/s/
JESSE S. PALACIOS
Corporate Director

NAVFAC, UOG formalize pathway for internships for UOG students

University of Guam engineering students can seek internship opportunities with the Naval Facilities Engineering Systems Command Marianas through a pathway established by the signing of a Memorandum of Understanding on November 1, 2023.

UOG president Anita Borja Enriquez and Capt. Troy Brown, NAVFAC Marianas Commanding Officer, signed the MOU at NAVFAC Marianas' Guam headquarters on Nimitz Hill. She said developing Guam's professional workforce continues to be an important area where the University delivers public value.

UOG

University of Guam president Anita Borja Enriquez and Capt. Troy Brown, commanding officer of Naval Facilities Engineering Systems Command Marianas, lead the signing of the Memorandum of Understanding to formalize an internship pathway for UOG's engineering students with NAVFAC. After the signing, Dr. Enriquez, right, presents Capt. Brown with a coffee table book about UOG at NAVFAC Marianas on Nimitz Hill on Nov.1, 2023.

"Entering into this relationship is historic because it creates this pipeline and provides an opportunity for us to build the kinds of capacity that we've been wanting to build," said President Anita Borja Enriquez. "We want to help build the middle class by preparing our students at the University for jobs that will benefit different sectors including the Navy and the rest of the Armed Forces."

"Forging this new partnership with the University of Guam is important to all of us to enhance critical capabilities and grow new opportunities here," said Capt. Brown. "Our NAVFAC Marianas team is excited to bring more local talent to our workforce and provide sustainable career pathways for engineering students where they will gain valuable experience while contributing to our shared vision for the future."

Kendra O. Finklea, Human Resources director for NAVFAC Marianas, helped lay the groundwork for the MOU.

Recently a NAVFAC Marianas HR team visited UOG. Bharti Hemlani, Lead Human Resources Specialist and acting HR Director at NAVFAC Marianas, also participated in a panel discussion with Enriquez and community stakeholders about UOG's role in workforce development.

More details about the internships will be provided later.

For more information about the internship program, contact:

Bharti Hemlani at 671-349-2320 or via email at bharti.m.hemlani.civ@us.navy.mil. ***(UOG)***

UOG

University of Guam president Anita Borja Enriquez, center, signs the Memorandum of Understanding to formalize an internship pathway for UOG's engineering students on Nov. 1, 2023. Capt. Troy Brown, commanding officer of Naval Facilities Engineering Systems Command Marianas, left, signs for NAVFAC as NAVFAC Marianas HR director Bharti Hemlani facilitates.

GCC to host Guam Community Christmas Bazaar

Guam Community College is calling out local vendors and food trucks to participate in the first ever "Guam Community Christmas Bazaar" on Friday, Nov. 24 from 12pm to 6.m and on Saturday, Nov. 25, from 8am to 3pm. The event will be in GCC's brand new Multipurpose Auditorium (Building 300). All proceeds from vendor entrance fees will go towards supporting GCC student scholarships.

» Proceeds will benefit GCC Student Scholarships

To increase the value for each vendor, participation will be limited to one vendor per brand, per day (i.e., Scentsy, Tupperware, etc.). Participation will be on a first come, first served basis and vendors may participate on both days. There are 30 tables open to vendors. Vendor space is 6 feet by 9 feet and costs $35 for one day or $50 for both Friday and Saturday. Each space comes with one six-foot table and two chairs; an extra table will be made available for an additional $10 per day.

Food truck vending fee is $50 per day and each vendor will be allotted a 10-foot by 10-foot (100 square foot) space. Space is limited to five food truck vendors per day.

Interested vendors are asked to email trina.sanagustin@guamcc.edu or call 671-735-5516 extension 5405. Payments must be made by 5pm, Monday, Nov. 20, 2023 to confirm reservations. Vendors must provide a business license. Food truck vendors are asked to provide proof of insurance, Department of Public Health Sanitary Permit, business license, and a full menu.

Guam Community College has several scholarships available for new and current GCC students. The scholarships will pay for awardees' tuition, books, and fees. For a full list of available GCC scholarships please visit GuamCC.edu/Scholarships. ***(PR)***

UOG collaborates with UH to present lung cancer symposium Nov. 5

The University of Guam Cancer Research Center and University of Hawai'i Cancer Center through their Pacific Island Partnership for Cancer Health Equity collaboration will be hosting Fourth Health Providers Cancer Symposium for the Pacific Region this weekend.

The hybrid symposium "Breath of Life: Preventing Lung Cancer in the Pacific" is free and will be held virtually via Zoom on November 5, from 9:30am to 12:45pm. Guam time. It will also be held in person at the UH John A. Burns School of Medicine, Room 315, on Nov. 4, from 1:30pm to 4:45pm Hawaii time.

Lung cancer is the leading cause of cancer death and one of the most prevalent types of cancer in both men and women, with associated health disparities affecting Pacific Island populations.

Please join the symposium as speakers and participants explore lung cancer and lung cancer screening in the Pacific Health providers in Guam, Hawai'i, U.S.-affiliated Pacific Islands, members of cancer coalitions or cancer care organizations, and members of the community who are interested or involved in cancer-related work or research or want to learn more about cancer are invited to join.

To register, please click this link: https://docs.google.com/forms/d/e/1FAIpQLSc-2DV5Solt Dsz5ZK-c6u8MYveHdfgI_VZjjz-JM3m97yEbOXpXg/viewform?usp=sf_link

For more information, please contact:

■ The Pacific Island Partnership for Cancer Health Equity at UOG, pipche.coc@triton.uog.edu.

■ UH Cancer Center Community Outreach Core team mwillingham@cc.hawaii.edu call (808) 441-8186.

The symposium is sponsored by Pacific Island Partnership for Cancer Health Equity of University of Hawai[a]i Cancer Center and the University of Guam Cancer Research Center. It is supported by the NCI Center to Reduce Cancer Health Disparities Grant #U54CA143727 and #U54CA143728.

The Washington State Medical Association is accredited to provide a continuing medical education credit for physicians who participate. ***(UOG)***

Bost, Radewagen release Women Veteran Task Force report

WASHINGTON, D.C.— House Committee on Veterans' Affairs chair Mike Bost (R-Ill.), and vice chair Rep. Aumua Amata Radewagen (R-American Samoa), released the bipartisan Women Veteran Task Force report, which was prepared by the House Committee on Veterans' Affairs majority and minority staff, to memorialize the task forces' findings and policy recommendations for issues the whole Committee can address to improve the delivery of care, benefits, and services to women veterans.

Radewagen

Earlier this year, Bost reauthorized the bipartisan Women Veteran Task Force to host a series of roundtable discussions both in D.C. and outside the beltway on the various day-to-day issues women veterans face. During the six-month period, the task force members met with several women veterans, advocacy groups, and stakeholders to discuss a wide-range of topics including barriers to disability benefits, underemployment among women veterans, safety for women in VA facilities, and more. Rep. Aumua Amata Radewagen (R-American Samoa) served as Chairman and Rep. Julia Brownley (D-Calif.) served as Co-Chair of the task force for the 118th Congress.

"I owe a huge thank you to my colleagues, Rep. Radewagen and Rep. Brownley, for the good work they poured into the bipartisan Women Veteran Task Force over the last six months. Under Rep. Radewagen's leadership as Chair, the task force held a handful of roundtables and spoke with dozens of women veterans to gain vitally important insight into what today's female veterans struggle with," said Bost. "These unique challenges include transitioning from the military, facing underemployment in the workforce, feeling safe in VA medical centers, and running into barriers when seeking disability benefits and medical treatment. We know that women are the fastest growing group of veterans, which is why I was proud to reauthorize the task force in the new Republican majority to ensure that they have access to the good care and services they have earned after they leave the military. As chairman, I look forward to taking the successes of the task force into the rest of this Congress to continue fighting for the brave women who have and will serve our nation in uniform."

"It was an honor and pleasure, as well as humbling, to work on the issues affecting the lives and futures of our women Veterans, hearing directly from them, identifying problems and solutions, and taking part in this uniquely important Task Force. I so appreciate the opportunity to share these goals with Committee chairman Bost, ranking member Takano, and Task Force co-chair Julia Brownley, a longtime leader on these efforts. Most of all, I'm inspired by our women veterans, who overcome challenges while bringing leadership, entrepreneurial spirit, team building and aspirations to communities all over America, and certainly in American Samoa where we take pride in our many Veterans," said Radewagen. ***(PR)***

Opinion

Hafa Adai!
Saipan Tribune
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Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Mark Rabago EDITOR
mark_rabago@saipantribune.com

MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

The House is finally up and running

Hours after Republicans ended their three-week impasse on Wednesday and came together to elect a new speaker of the House, the lower chamber overwhelmingly passed a resolution pledging to provide Israel with whatever it needs to defeat Hamas.

It was an auspicious start for Speaker Mike Johnson of Louisiana.

The resolution is clear and unambiguous, stating that Israel has a right to defend itself "against the barbaric war launched by Hamas and other terrorists" and asserts that the House "stands ready to assist Israel with emergency resupply and other security, diplomatic and intelligence support."

It also condemns "Iran's support for terrorist groups and proxies, including Hamas and Palestinian Islamic Jihad" and urges "full enforcement" of economic sanctions against Iran.

"This Congress will have Israel's back as it degrades and eliminates Hamas terrorist infrastructure," Rep. Gregory Meeks, D-N.Y., said on the floor. "We will not waver, we will not quit, we will stand with our ally Israel."

The resolution largely replicates a similar one that the Senate approved unanimously this month.

Now the heavy lifting begins. President Joe Biden has asked Congress for $105 billion in military aid for Israel and Ukraine. The package also includes money for the U.S.-Mexico border, the security of Taiwan and humanitarian assistance for areas of conflict around the globe. Biden has tied all these items together, "essentially daring lawmakers who oppose parts of the proposal to vote against an overall package," The New York Times reports.

This will undoubtedly cause friction with many Republicans, some of whom aren't eager to pour more money into Ukraine and are demanding more funding for border security. It will also be a tough pill for a small number of progressive Democrats, who have expressed antipathy for Israel and are indifferent to the crisis at the border.

The Senate, the Times reported, is likely to vote on the president's proposal as a whole in coming weeks. But whether the House opts to split the package into separate pieces remains to be seen. No legislation will ever be pure, and compromise shouldn't be a dirty word.

Ultimately, however, there is widespread support for Israeli aid and border security funding and—while tying them together with other objectives may serve the White House's political goals—these two components remain the most pressing and shouldn't be sacrificed to other ends. If it takes bundled legislation to raise the necessary votes, so be it.

But if the Biden proposal falls short, these two priorities should be broken out from the whole for separate passage.

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How do we stand by at this tragic loss of life?
YAWN
Think of it as a mass shooting...
HAMAS-ISRAEL WAR

The pandemic is over but our pandemic stress isn't

By LISA JARVIS
Bloomberg Opinion

Lisa Jarvis is a Bloomberg Opinion *columnist covering biotech, health care and the pharmaceutical industry. Previously, she was executive editor of* Chemical & Engineering News.

Survey after survey tells us that Americans are struggling. The latest, the American Psychological Association's annual gauge of stress in the U.S., reveals that people continue to feel worse than before the pandemic. The question is what to do about it.

And it's no wonder that people are so stressed out: Humans have finite mental resources, and they've been decidedly depleted by years of dealing with COVID and its fallout, plus economic woes and worries about geopolitical upheaval. In the APA survey, which was conducted in August, nearly a quarter of adults reported operating at the highest levels of stress, rating it at least an 8 out of 10. Among parents, self-reported stress was so extreme that nearly half said it was "completely overwhelming" on most days, and 41% reported that it impedes their function.

In the last year or two, much of the focus has been on addressing the declining mental well-being of adolescents and teens. Kids were already struggling before COVID, but the alarming data on higher levels of anxiety, depression and thoughts of self-harm during COVID has mobilized everyone from policymakers to educators and parents to do whatever it takes to address kids in crisis.

But we shouldn't forget that adults also were deeply affected by a protracted period of relentless uncertainty, fear, loss and social isolation. The APA's survey of adults shows stress levels are highest among those age 18–45, who reported the biggest increases since pre-pandemic times.

That group also saw a marked increase in chronic health and mental health diagnoses compared to before the pandemic. The pandemic prompted a more open national conversation about mental health, and the survey can't separate out how much the rise could be due to more people seeking help than in the past. But the increase was big enough in younger groups—44% of adults aged 34-44 reported a mental health diagnosis compared to 31% in 2019—that it's likely a combination of more attention to care and more strain.

And adults under the age of 45 are currently most worried about the economy, with more than 70% citing it as a major stressor, compared to just over 50% of people in 2019. Parents again seem to be bearing the brunt, with two-thirds reporting they felt consumed by money woes.

We're not helpless in managing that stress, particularly when it comes to those who say they are experiencing it most intensely. Rajita Sinha, director of the Yale Interdisciplinary Stress Center, says she often suggests that people feeling extreme stress should pause and ask themselves, "Where's the fire?" If there's a real emergency, of course, we should react, but when there isn't, it can be grounding to run a basic inventory: "Am I okay? Is my family okay? Who can help?"

Reaching out for support from a friend or family member is the next step. While it might sound like stating the obvious to say that social connection is a vital part of coping, data suggest we're doing a terrible job at it. In the APA survey, 62% of respondents said they don't talk about how they're feeling because they don't want to be a burden, yet two-thirds of those surveyed also said that "they could have used more emotional support than they received."

That dovetails with a report from earlier this year, when Vivek Murthy, the U.S. surgeon general, warned that the U.S. was experiencing an epidemic of loneliness that was as bad for our health as smoking. Recent research found a decline in the amount of time Americans spend engaging with others. Being intentional about rebuilding connections—even something as simple as texting a friend—can help us feel less isolated.

People could also do a better job of recognizing the sources of their stress and reining in our reactions to them. We can't control the ominous news giving us a feeling of existential dread, but we can control our exposure to such news, says Lynn Bufka, associate executive director for practice research and policy at the APA. "Figure out how much you need to know in order to make a decision for your life and then turn it off," Bufka advises.

Such small changes, performed consistently, might help us shake off some of the residual effects of several very difficult years—and set us up better to cope with the fresh challenges that seem to keep coming.

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

A sad role reversal

By MARTIN SCHRAM
Tribune News Service

Martin Schram, an op-ed columnist for Tribune News Service, is a veteran Washington journalist, author and TV documentary executive. Readers may send him email at martin.schram@gmail.com.

Ever again.

The sickening sound of human decency shattering echoes around our world. It is being smashed both by human violence and human passivity. It was ignited by the horrific Oct. 7 slaughter and hostage kidnapping of innocent Israelis including babies and children by Gaza's ruling Hamas terrorists. The terrorists whose charter vows to exterminate Israel invaded the land that was created 75 years earlier with a commitment of "Never Again," as an almost-shattered world hoped peace could finally be forged now that we finally were a planet of United Nations.

It seemed implausible, indeed impossible, back then that we would ever again be staring at breaking news like this front page headline from Thursday's New York Times: "Familiar Fear Gripping Jews Across Europe." And this lede by correspondent Roger Cohen:

"Perhaps not since the Holocaust, which saw the annihilation of about two-thirds of Europe's Jewish community, have the Jews of Europe lived in an atmosphere of fear so acute that it feels like a fundamental shift in the terms of their existence.

"Across a Europe of daubed Stars of David on apartment buildings, bomb threats to Jewish stores and demonstrations calling for Israel's eradication, Jews speak of alarm as pro-Palestinian sentiment surges."

But as our disbelieving eyes read that, our brains were already telling us precisely what you are thinking right now: Not just across Europe! It's all over our United States too. Anti-Semitic violence, death threats and hate-killing is happening—ever again! Where we live, work, study and play. Even at our finest university campuses (where they are replied to by shamefully limp both-sidism statements from invertebrate college presidents).

There was a moment after the Oct. 7 terrorist invasion and atrocities when Israel seemed to have a world of support. World leaders initially condemned Hamas terrorists for invading Israel and committing unspeakable atrocities—killing babies in cribs, killing some children in their beds and kidnapping others as hostages, raping women and slaughtering innocents at a music festival.

This was the moment when an Israel that was as wise and smart as it is powerful and determined could have recognized that it suddenly was in a most unaccustomed worldwide position—holding a globally moral and humane high-ground. But that high ground is a highly unfamiliar territory for Israel's right-wing hardliners. They have famously been their own worst enemies when it comes to the world's message wars. And so, once again, they failed to conduct their retribution in the wise ways that could have let them execute their vital and proper military retribution—to exterminate the inhumane terrorists of Hamas in a way that showed they were a people capable of both combat power and compassionate performance.

Prime Minister Benjamin Netanyahu was right to quickly form a new unity governing coalition with opposition leader Benny Gantz. But they needed to publicly and symbolically be seen moving as one in messaging the world.

They needed to jointly address the world's leaders calling for a new global unity to end the abuses by Hamas terrorists who are funded and armed by Iran. World leaders must act immediately to truly make peace before it is too late. They needed to call upon U.N. Secretary-General Antonio Guterres and all the world to act at once to rid the world of the Hamas terrorist regime that has committed not just one war crime atrocity against innocent civilians but two:

■ The unacceptable Oct. 7 atrocities against innocent Israeli civilian victims; and

■ The absolutely unacceptable atrocity of hiding its command centers, rocket launchers, etc. among the Palestinian civilians and in its vast network of tunnels beneath the Palestinians. In short Hamas has long been forcing Palestinians into becoming their human shield victims.

And Israel's joint governing leaders needed to tell the United Nations in unmistakable terms what has just happened—and why. Hamas not only set out to kill Israel's innocent civilians but has acted to deliberately force Israel into retaliation that will kill thousands of innocent Palestinian civilians. And that was Hamas' main goal—cause Israel to turn world opinion against Israel.

Why? Because Iran wants most of all to make it impossible for Saudi Arabia and its allies to establish diplomatic recognition of Israel, a move that is about to happen.

But instead, Israel responded by taking the extraordinary steps of repeatedly warning Gazans to flee northern Gaza—but many couldn't go and others had nowhere to go once they began to flee south. Then Israel cut off water, electricity, supplies—and then began its massive air and ground assault aimed at Hamas targets but devastating those innocent Palestinian civilians. So as the whole world watched, Israel of course was seen as the enemy that was destroying the lives of innocent Palestinians.

Way back in 1973, the late Israeli diplomat Abba Eban observed that the Palestinians "never miss an opportunity to miss an opportunity." Today, Eban must be shaking his head as he sees Netanyahu repeatedly making the other side's infamous trait his own.

Palestinian Christians are losing loved ones in Israel's bombing in Gaza. Where's the outcry from Western Christian communities?

By SA'ED ATSHAN
Los Angeles Times

Sa'ed Atshan is a professor of peace and conflict studies and anthropology at Swarthmore College.

Like other Palestinians and Israelis with family members in Palestine/Israel, I have found the latest and unprecedented outbreak of violence between Israel and Hamas hitting closer and closer to home. My dread became reality on Oct. 20 upon hearing from Tanya, one of my relatives. Her family lost a loved one who had been sheltering in the Greek Orthodox Church of St. Porphyrius in Gaza, one of the world's oldest churches. An Israeli airstrike hit one of the four compounds of the church, killing 18 Palestinian Christians, and injuring at least 20.

Amidst the grief, Tanya reminded us to celebrate Aunt Elaine, our relative, who was a devoted teacher and school principal. She was killed in the bombing. Tanya said: "Gaza is all our family. The neighborhood was bombed. The walls are standing but our homes are destroyed. This time is beyond anything we've witnessed, and we all thought we witnessed the worst."

My social media feed was then saturated with family, community members and others mourning the dead. In one post, a photo showed a couple, the husband in a blue suit and red tie, embracing his wife in a blue-and-white dress. I learned from Tanya they were Marwan, an art teacher with the Catholic Church, and Nana, who worked for the United Nations in Gaza. "RIP," the caption read. "We love you all—You are in a better place."

Then a message from former Michigan Rep. Justin Amash, who is Palestinian American, went viral. In a post with more than 20 million views, Amash announced that several of his relatives, including two of his cousins, Viola and Yara, were also killed in the church blast. He added a picture of the two young women, dressed in Christmas colors, with holiday lights, a wreath, tree decorations and a Santa hat behind them. In a subsequent post, he shared, "My family and I would like to express our heartfelt appreciation for the many kind and gracious messages of condolence for our beloved cousins in Gaza."

Elaine, Marwan, Nana, Viola and Yara were among the remaining 1,000 Christians in the Gaza Strip. While most Palestinian Christians in the Occupied Territories reside in the West Bank, the number of Christians in Gaza, and across Palestine/Israel, has been dwindling to less than 2% of the overall Palestinian population. Most members of these communities have migrated to Europe and North America seeking economic stability and peace of mind.

Yet across the diaspora, the images of death and destruction from Gaza reignite traumas among Palestinian Christians and Muslims around the world. The 2.3 million residents of this besieged land do not have safe zones or shelters. Since the horrific attacks of Hamas against Israel on Oct. 7, Israeli bombardment of Gaza has led to the deaths of more than 8,000 individuals, disproportionately children. Many are injured or remain trapped underneath the rubble, and there's difficulty rescuing them as hospitals are collapsing, and Israeli-imposed shortages of water, food, medicine and electricity are excruciating. The Christian community had to hold a mass funeral to bury the dead outside of the Church of St. Porphyrius, followed by a mass baptism service for the children of the community in case they, too, may soon die.

There is fear now that the Christian presence in Gaza, and across Palestine, may ultimately disappear altogether. The rubble lying around the Church of St. Porphyrius is heartbreaking, particularly when considering its symbolism for the community and the church's rich history. "The Church of St. Porphyrius's original structure dated to the 5th century, and the current structure, in a historic quarter of the city, was built in the 12th century. It is named for a former bishop of Gaza, Saint Porphyrius, and placed where he is believed to have died in A.D. 420," according to the Washington Post.

And the heartache continues to unfold in Gaza—with reverberations far and wide. On Oct. 30, the Rev. Mitri Raheb, a Bethlehem-based Palestinian Lutheran leader in the West Bank, shared that "an Israeli air strike bombed the Arab Orthodox Cultural and Social Center in Gaza, a brand new and state-of-the-art building that houses most of the Christian activities in Gaza, destroying the main auditorium." Before-and-after images circulating widely on social media juxtapose what was a beautiful and modern community center, now amid rubble.

Palestinian Christians, descendants of the oldest Christian communities, feel largely abandoned by the world—particularly by other Christian communities in Western countries—who seem indifferent or even hostile to the Palestinian struggle for freedom and human rights.

Palestinians, both Christian and Muslim, are subjected to collective punishment from Israeli bombardment, and we are praying for a cease-fire between Israel and Hamas. U.N. officials have called for the prevention of ethnic cleansing and genocide in Gaza. A recent poll also found that 80% of Democrats and 56% of Republicans believe that the United States should call for a cease-fire.

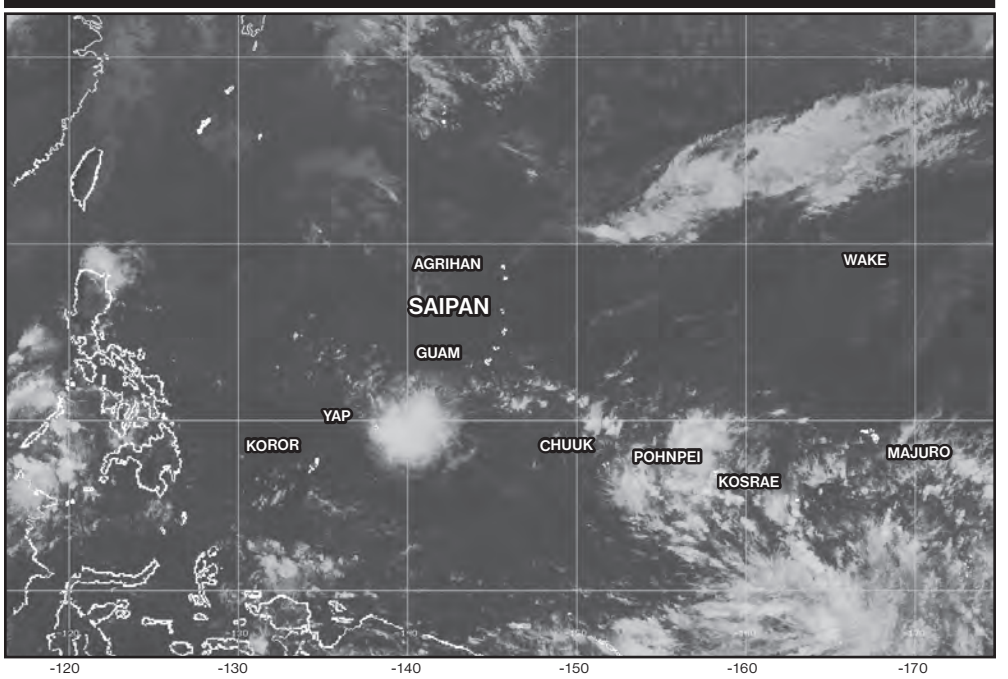
I hope that every form of violence and oppression in Palestine/Israel will end—sooner rather than later—so that Jews, Christians and Muslims can share the land as equal neighbors. Regardless of faith or ethnicity, we deserve to live in peace and security.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly cloudy with isolated showers. East winds 15 to 20 mph.	Partly cloudy with isolated showers. Northeast winds 10 to 15 mph.	Partly cloudy with a 20 percent chance of showers.	Partly cloudy with a 20 percent chance of showers.	Partly sunny with a 30 percent chance of showers and a slight chance of thunderstorms.
87 / 79°	87 / 79°	87 / 79°	87 / 78°	87 / 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 7:42 AM, SUNDAY, NOVEMBER 5, 2023

Western North Pacific between equator and 25N from 130E to 180.

Doppler radar and satellite imagery indicate skies are partly cloudy across the Marianas with isolated showers across the Marianas. Winds are light to moderate and buoys across the Marianas are reporting combined seas between 4 and 5 feet, with a mix of east and north swells.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: https://www.weather.gov/gum/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	85° / 79°
Palau	Partly Cloudy	85° / 78°
Yap	Thunderstorms	85° / 79°
Chuuk	Thunderstorms	87° / 81°
Pohnpei	Thunderstorms	86° / 77°
Kosrae	Thunderstorms	86° / 77°
Majuro	Partly Cloudy	86° / 81°

DAY	SUNRISE	SUNSET
Today	6:14 AM	5:46 PM
Tuesday	6:14 AM	5:46 PM
Wednesday	6:15 AM	5:45 PM
Thursday	6:15 AM	5:45 PM
Friday	6:16 AM	5:45 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	12:13 AM	1:20 PM	-
Tuesday	1:02 AM	1:57 PM	-
Wednesday	1:50 AM	2:31 PM	-
Thursday	2:36 AM	3:05 PM	-
Friday	3:23 AM	3:38 PM	-

AROUND THE GLOBE		▲ ▼ °F
Auckland	Showers	64° / 63°
Beijing	Sunny	55° / 32°
Hong Kong	Partly Cloudy	82° / 72°
Honolulu	Partly Cloudy	86° / 74°
London	Partly Cloudy	54° / 45°
Los Angeles	Partly Cloudy	68° / 57°
Manila	Thunderstorms	90° / 77°
Melbourne	Showers	59° / 45°
Miami	Partly Cloudy	81° / 72°
New York	Partly Cloudy	69° / 61°
Osaka	Mostly Sunny	68° / 55°
Paris	Cloudy	61° / 46°
Busan	Mostly Sunny	70° / 45°
Rome	Partly Cloudy	68° / 52°
Salem	Mostly Sunny	77° / 55°
San Francisco	Mostly Sunny	61° / 52°
Seoul	Showers	64° / 48°
Tokyo	Showers	64° / 55°
Washington, DC	Mostly Sunny	74° / 57°

TIDES: SAIPAN HARBOR TODAY		FEET
12:02 AM	High Tide	1.21
8:01 AM	Low Tide	0.14
3:59 PM	High Tide	1.60
10:12 PM	Low Tide	1.00

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF OCTOBER 30, 2023

DEPARTURES

SAIPAN-GUAM (GUM)

UA076	9:50AM	10:30AM	Daily

SAIPAN- NARITA (NRT)

UA824	7:05AM	9:45AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	5:55AM	7:55AM	Daily
UA193	7:50PM	11:50PM	2, 5 via Palau
UA183	7:55PM	9:50PM	Daily

SAIPAN-MANILA (MNL)

7C3403/2305	4:40AM	10:20PM	Daily
UA076/183	9:50AM	9:50PM	Daily via Guam
UA076/193	9:50AM	11:50PM	2, 5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW308	2:15AM	6:10AM	Daily
7C3403	4:40AM	8:35AM	Daily
7C3405	4:35PM	8:25PM	Daily

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:45AM	Daily

NARITA (NRT)-SAIPAN

UA825	9:25PM	2:00AM+1	2, 4, 7

MANILA (MNL)-GUAM

UA189	00:40AM	6:30AM	3, 6
PR110	10:05PM	3:55AM+1	Daily
UA192	10:40PM	6:30AM+1	2, 5 via Palau
UA184	10:55PM	4:45AM+1	1, 3, 4, 6, 7

MANILA (MNL)-SAIPAN

UA189/174	00:40AM	8:45AM+1	3, 6 via Guam
UA192/174	10:40PM	8:45AM+1	2, 5 via Palau, Guam
UA184/174	10:55PM	8:45AM+1	1, 3, 4, 6,7 via Guam
7C2306/3406	11:15PM	3:30PM+1	Daily

INCHEON (ICN)-SAIPAN

7C3406	10:10AM	3:30PM	Daily
TW307	7:45PM	1:15AM+1	Daily
7C3404	10:15PM	3:35AM+1	Daily

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF OCTOBER 30, 2023

SAIPAN TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	08:30	09:00	Oct 21-31, 2023
1302	SAIPAN	ROTA	10:30	11:00	Daily
1303	SAIPAN	ROTA	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Oct 21-31, 2023
3102	ROTA	SAIPAN	11:30	12:00	Saturday & Sunday
3103	ROTA	SAIPAN	13:30	14:00	Monday To Friday
3104	ROTA	SAIPAN	16:30	17:00	Daily

ROTA TO GUAM

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	11:30	12:00	Monday To Friday

GUAM TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
4301	GUAM	ROTA	12:30	13:00	Monday To Friday

SAIPAN TO TINIAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1201	SAIPAN	TINIAN	7:30	7:45	Daily
1202	SAIPAN	TINIAN	8:00	8:15	Daily
1203	SAIPAN	TINIAN	9:00	9:15	Daily
1204	SAIPAN	TINIAN	10:00	10:15	Daily
1206	SAIPAN	TINIAN	15:00	15:15	Daily
1207	SAIPAN	TINIAN	16:00	16:15	Daily
1208	SAIPAN	TINIAN	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
2101	TINIAN	SAIPAN	8:00	8:15	Daily
2102	TINIAN	SAIPAN	8:30	8:45	Daily
2103	TINIAN	SAIPAN	9:30	9:45	Daily
2104	TINIAN	SAIPAN	10:30	10:45	Daily
2106	TINIAN	SAIPAN	15:30	15:45	Daily
2107	TINIAN	SAIPAN	16:30	16:45	Daily
2108	TINIAN	SAIPAN	17:30	17:45	Daily

Business

DJ's Corner beefs up wine, chocolate selection

By MARK RABAGO
mark_rabago@saipantribune.com
EDITOR

Hyatt Regency Saipan has new gift ideas for local residents and tourists with its newly renovated DJ's Corner now selling a more exclusive wine selection.

The in-house convenience shop of Hyatt also sells Tony's Chocolonely, a Dutch confectionery company that is one of the largest chocolate manufacturers in the Netherlands.

After arriving on Saipan a little over a year ago, Hyatt Food & Beverage director Hani Min immediately set her sights on giving DJ's Corner an updated look.

The iconic pastry and refreshment shop was given a fresh coat of paint and interiors, new shelves, and, of course, new products to sell, specifically an exclusive wine selection that Min herself curated and the Dutch chocolate import.

"I selected the wine from different vendors, especially Pacific Wine and Spirts and many others [like MarPac]. ...The selection of wine is based on value for money. That's the No. 1 [consideration] because, you know, Saipan is very hot and people are used to drinking white wine or champagne or beer but I wanted to emphasize the red wine because everyone here love to eat meat," she said.

Compared to other hotels, Hyatt's wine selection at DJ Corner's is relatively inexpensive and nothing costs more than the top-shelf price of $70, Min said.

MARK RABAGO

DJ's Corner at Hyatt Regency Saipan now sports a new modern look.

"Normally hotel wine is expensive but we are not because our price range is cheaper than restaurants. So, when you have dinner [at the Hyatt] you can try it there and then if you like it you can buy from DJ's Corner," she said.

And if you happen to like the taste of Twomey Sauvignon Blanc, then you're in luck as the Napa County wine is currently DJ's Corner's Wine of the Month, which means it comes with a big discount (just $42 for two bottles).

As for Tony's Chocolonely, Min said the Dutch chocolate is not available in the CNMI so she made it her mission to bring the chocolate delicacy to the islands.

It also happens to be Min and her husband's favorite and, whenever they're in Amsterdam, they make sure to grab them by the case.

Tony's Chocolonely comes in different colors and flavors like milk chocolate, extra dark chocolate, milk caramel sea salt, dark almond sea salt, dark milk pretzel toffee, dark pecan coconut, milk hazelnut, milk honey almond nougat, and white raspberry popping candy.

If you're not totally sure which flavor of Tony's Chocolonely to buy, pick the sampler so you can taste all of them.

Aside from the eclectic wine selection and a different kind of imported chocolate, Hyatt is also offering a boatload of promotions beginning in November as they ramp up for the Christmas season.

For one, the Garapan landmark is currently offering 15% off for local dine-in guests at Hyatt restaurants including Skippers (food only) and DJ's Corner (homemade goods), making it the perfect time to dine at Hyatt while compiling "World of Hyatt" points.

Beginning this month, "World of Hyatt" members can also receive 25% discount for rooms booked directly through Hyatt.com for stays at Hyatt Regency Saipan. "World of Hyatt" memberships are free and will take only a few minutes through Hyatt.com.

For more information, visit saipan.regency.hyatt.com and click "news & events" tab or call (670) 234-1234 loc. 5811.

MARK RABAGO

DJ's Corner has an excellent and affordable wine selection, including the Wine of the Month—Twomey Sauvignon Blanc.

MARK RABAGO

Hyatt Regency Saipan is also the only place in the CNMI that sells Dutch chocolate brand Tony's Chocolonely.

Small biz owners both hopeful, anxious about the holidays

NEW YORK (AP)—All signs point to a relatively solid holiday season for America's small businesses. Yet, owners of these businesses appear to have a collective anxiety about the months ahead.

They have their customers to thank on both counts.

American kept up their spending over the summer, witness the government's estimate that the economy grew by 4.9% in the third quarter. Yet even as they open their wallets, consumers seem pessimistic about their finances. A recent AP-NORC poll found that many Americans are concerned about their financial future.

In turn, after two years of a COVID-fueled sales boost, owners fear consumers have run through their pandemic savings and might cut back this holiday season or shop online again after getting out and supporting local businesses. Inflation is still a concern and interest rates are higher. And there's no predicting the weather.

"When we talk to retailers there's a lot of uncertainty," said Max Rhodes, CEO of Faire, an online wholesale marketplace many small retailers use to buy inventory. "The combination of higher inflation and rising interest rates are making consumers nervous which in turn makes retailers nervous. It continues to be a weird economy. The data looks good, but nobody feels good about it."

Rhodes said his customers started to search for "Christmas" items starting in mid-August, compared with mid-September last year. Buying early can relieve the stress of supply-chain bottlenecks and gives owners a chance to restock if something sells out early in the season.

For many retailers, the holidays can account for more than half their annual sales. Holiday retail sales are expected to increase between 3% and 4% in 2023, according to trade group the National Retail Federation. But the total value of those sales will grow more slowly because inflation has moderated. In 2022, sales jumped 5.3%, according to the NRF.

Early indications are that sales have kept pace with prior holiday seasons, with consumers making purchases that help them temporarily put aside their financial concerns.

Shop owners are seeing "comfort" items sell well: high-end candles, plush stuffed animals for adults, particularly the brand Jellycat, all things sparkly (like disco balls), and anything Barbie- and Taylor Swift-related.

"We're calling it a 'bright future' (trend) right now because there's so much heaviness in the world," said Rick Haase, owner of eight Patina gift shops in St. Paul and Minneapolis in Minnesota. "Bright and happy is really the trend that we're seeing as a whole, this kind of happy escapism and things that make you feel good about life."

Higher-priced candles are in demand at Measure Twice, a card and gift store in Brooklyn, New York. Owner Kimberley Yurkiewicz said the store had strong sales in 2021 and 2022 and sales are up again so far this year. She said people are paying $45 to $65 for candles, up from a range of $25 to $45 last year.

FTX founder Bankman-Fried convicted of defrauding cryptocurrency customers

NEW YORK (AP)—FTX founder Sam Bankman-Fried's spectacular rise and fall in the cryptocurrency industry—a journey that included his testimony before Congress, a Super Bowl advertisement and dreams of a future run for president—hit rock bottom Thursday when a New York jury convicted him of fraud for stealing at least $10 billion from customers and investors.

After the monthlong trial, jurors rejected Bankman-Fried's claim during testimony in Manhattan federal court that he never committed fraud or meant to cheat customers before FTX, once the world's second-largest crypto exchange, collapsed into bankruptcy a year ago.

"Mr. Bankman-Fried. Please rise and face the jury," Judge Lewis A. Kaplan commanded just before a jury forewoman responded "guilty" seven times to two counts of wire fraud, two counts of wire fraud conspiracy and three other conspiracy charges, which carry potential penalties adding up to 110 years in prison. Bankman-Fried is likely to face far less than the maximum at a sentencing set for March 28.

As the verdict was read, Bankman-Fried seemed stunned, appearing stone-faced, his hands clasped before him, as his lawyers remained sitting beside him. When he sat down, he looked down for several minutes.

His lawyer, Mark Cohen, later read a statement outside court to say they "respect the jury's decision. But we are very disappointed with the result."

"Mr. Bankman Fried maintains his innocence and will continue to vigorously fight the charges against him," Cohen said.

U.S. Attorney Damian Williams, who sat in the front row of the spectator section during the verdict, stood before cameras outside the courthouse and said Bankman-Fried "perpetrated one of the biggest financial frauds in American history, a multibillion dollar scheme designed to make him the king of crypto."

"But here's the thing: The cryptocurrency industry might be new. The players like Sam Bankman-Fried might be new. This kind of fraud, this kind of corruption is as old as time and we have no patience for it," he said.

He said the case should serve as a warning to every other fraudster who "thinks they're untouchable, that their crimes are too complex," that they are too powerful to prosecute or can talk their way out of their crimes because "I promise we'll have enough handcuffs for all of them."

The jury rejected Bankman-Fried's insistence during three days of testimony that he never committed fraud or plotted to steal from customers, investors and lenders and didn't realize his companies were at least $10 billion in debt until October 2022.

Nation

Maine mass shooter alive for most of massive 2-day search, autopsy suggests

PORTLAND, Maine (AP)—The Army reservist who opened fire inside at a bowling alley and a bar in Lewiston, Maine, before disappearing was alive and possibly on the run during a good portion of the massive search that followed, according to a conclusion from the state medical examiner's office released Friday.

Robert Card died from a self-inflicted gunshot that "likely" happened eight to 12 hours before the discovery of his body, based on a time-of-death analysis, officials said. The conclusion was announced a week after his body was discovered in the back of a tractor-trailer on the property of his former employer at a recycling center.

In the wake of the Oct. 25 shootings, which killed 18 people and wounded 13 more, tens of thousands of area residents sheltered at home behind locked doors as hundreds of law enforcement officers scoured the area looking for Card. He fled in a vehicle that was later found abandoned on a waterfront in a nearby town.

AP

A member of law enforcement walks with a police dog outside a property on Meadow Road in Bowdoin, Maine, Thursday, Oct. 26, 2023.

Law enforcement agencies came under scrutiny for not finding Card's body earlier under the assumption that he killed himself in the hours just after the shootings and that his body was overlooked in earlier searches.

But the time of death provided by the state's chief medical examiner, Dr. Mark Flomenbaum, suggests Card, 40, was alive and potentially on the move for more than 24 hours after the killings.

The medical examiner's office, however, said Card suffered from a condition in which his heart emptied of blood after the gunshot wound, affecting the way the blood settled in his body and potentially making the time of death less certain, according to Lindsey Chasteen, office administrator of medical examiner's office in Augusta.

A state police spokesperson had no comment Friday.

The latest disclosure in the investigation came on the same day President Joe Biden and first lady Jill Biden visited Lewiston to pay their respects and meet with victims. "Jill and I have done too many of these," Biden said outside the bowling alley where Card first opened fire. The other site was a nearby bar.

Card had been known to law enforcement for months as family members and others became increasingly worried about his mental state.

Concern accelerated following an altercation he had with fellow Army Reserve members. Card and other members of the Army Reserve's 3rd Battalion, 304th Infantry Unit were in New York for training July 15 when he accused several of them of calling him a pedophile, shoved one of them and locked himself in his motel room. Concerns over his mental health led to a 14-day hospitalization at the Four Winds Psychiatric Hospital in Katonah, New York.

The worries continued when Card returned to Maine. One of Card's fellow reservists urged a superior to change the passcode to the gate and have a gun if Card arrived at the Army Reserve drill center in Saco, Maine.

"I believe he's going to snap and do a mass shooting," the reservist wrote in a text.

A deputy twice visited Card's house in Bowdoin, calling for backup on the second visit, but Card didn't come to the door. Under Maine's " yellow flag " law, officers have discretion to seek to put someone in temporary protective custody and begin the process of removing the person's access to guns.

That never happened. A sheriff said the deputies who visited Card for a wellness check didn't have legal authority to break down the door and take Card.

What happened after the deputies' visit remains unclear. The sheriff's office canceled its statewide alert seeking help locating Card a week before the killings.

Right turn on red? With pedestrian deaths rising, US considering bans

NEW YORK (AP)—The U.S. infant mortality rate rose 3% last year—the largest increase in two decades, according to the Centers for Disease Control and Prevention.

White and Native American infants, infant boys and babies born at 37 weeks or earlier had significant death rate increases. The CDC's report, published Wednesday, also noted larger increases for two of the leading causes of infant deaths—maternal complications and bacterial meningitis.

"It's definitely concerning, given that it's going in the opposite direction from what it has been," said Marie Thoma, a University of Maryland researcher who studies maternal and infant mortality.

Dr. Eric Eichenwald, a Philadelphia-based neonatologist, called the new data "disturbing," but said experts at this point can only speculate as to why a statistic that generally has been falling for decades rose sharply in 2022.

RSV and flu infections rebounded last fall after two years of pandemic precautions, filling pediatric emergency rooms across the country. "That could potentially account for some of it," said Eichenwald, who chairs an American Academy of Pediatrics committee that writes guidelines for medical care of newborns.

Infant mortality is the measure of how many babies die before they reach their first birthday. Because the number of babies born in the U.S. varies from year to year, researchers instead calculate rates to better compare infant mortality over time. The U.S. infant mortality rate has been worse than other high-income countries, which experts have attributed to poverty, inadequate prenatal care and other possibilities. But even so, the U.S. rate generally gradually improved because of medical advances and public health efforts.

The national rate rose to 5.6 infant deaths per 1,000 live births in 2022, up from from 5.44 per 1,000 the year before, the new report said.

The increase may seem small, but it's the first statistically significant jump in the rate since the increase between 2001 and 2002, said Danielle Ely, the CDC report's lead author. She also said researchers could not establish whether the 2022 rise was a one-year statistical blip—or the beginning of a more lasting trend.

Overall in the U.S., the death rate fell 5% in 2022—a general decrease that's been attributed to the waning impact of the COVID-19 pandemic, especially on people 65 and older. U.S. maternal deaths also fell last year.

Victims of abusive Native American boarding schools to share experiences in Montana

BOZEMAN, Mont. (AP)—Victims of government-backed Native American boarding schools are expected to share their experiences Sunday as U.S. officials make a final stop in Montana on their yearlong tour to confront the institutions that regularly abused students to assimilate them into white society.

Interior Secretary Deb Haaland, a member of Laguna Pueblo in New Mexico, has prioritized examining the trauma caused by the schools. She was scheduled to visit Montana State University in Bozeman to wrap up her "Road to Healing" tour.

For over 150 years, Indigenous children were taken from their communities and forced into the boarding schools. Religious and private institutions ran many of the schools and received federal funding as partners in government programs to "civilize" Indigenous students.

The U.S. enacted laws and policies in 1819 to support the schools and some continued to operate through the 1960s. An investigative report released last year by the Interior Department identified 408 government-backed schools in 37 states or then-territories, including Alaska and Hawaii.

The schools renamed children from Indian to English names, organized them into military drills and compelled them to do manual labor such as farming, brick-making and working on the railroad system, according to federal officials. A least 500 children died at the schools, according to the report—a figure that's expected to increase dramatically as research continues.

One of Haaland's deputies, Rosebud Sioux member Wizipan Garriott, has accompanied her on the tour. Garriott has described boarding schools as part of a long history of injustices against his people that began with the widespread extermination of their main food source—bison, also known as buffalo. Tribes also lost their land base and were forced onto reservations sometimes far from their homelands.

Victims and survivors of the schools have shared tearful recollections of their traumas during 11 previous stops along Haaland's tour, including in Oklahoma, South Dakota, Michigan, Arizona, and Alaska.

They've told stories of being punished for speaking their native language, getting locked in basements and their hair being cut to stamp out their identities. They were sometimes subjected to solitary confinement, beatings and withholding food. Many emerged from the schools with only basic vocational skills that left them with few job prospects, officials said.

A second investigative report is expected in coming months. It will focus on burial sites, the schools' impact on Indigenous communities and also try to account for federal funds spent on the troubled program.

Montana had 16 of the schools—including on or near the Crow, Blackfeet, Fort Peck and Fort Belknap reservations. Most shut down early last century. Others were around recently enough that their former students are still alive.

A Native American boarding school school in the town of St. Ignatius on the Flathead Reservation was open until at least 1973. In southeastern Montana the Tongue River Boarding School operated under various names until at least 1970, when the Northern Cheyenne Tribe contracted it as a tribal school, according to government records.

The St. Labre school at the edge of the Northern Cheyenne continues to operate but has not received federal money in more than a century, according to government records.

The National Native American Boarding School Healing Coalition has tallied an additional 113 schools not on the government list that were run by churches and with no evidence of federal support. By 1926, more than 80% of Indigenous school-age children—some 60,000 children—were attending boarding schools that were run either by the federal government or religious organizations, according to the coalition.

Asia

ASIAN BRIEFS

China, Southeast Asia nations vow to conclude nonaggression pact faster as sea crises escalate

MANILA, Philippines (AP)—Chinese and Southeast Asian diplomats renewed a vow to finalize a nonaggression pact for the South China Sea in three years, two regional diplomats said Thursday. The pledge came during a meeting last week in Beijing, where they expressed alarm over recent confrontations in the disputed waters. The Philippines has protested what it says are increasingly dangerous and provocative maneuvers by China's coast guard and navy ships in recent months. On Oct. 22, two Chinese ships blocked and separately collided with two Philippine vessels near the disputed Second Thomas Shoal in the South China Sea. Following the collisions, the United States renewed a warning that it's obligated to defend the Philippines, a longtime treaty ally, if Filipino forces come under an armed attack anywhere in the contested waters. The Philippine government summoned a Chinese diplomat in Manila for a strongly worded protest. Association of Southeast Asian Nations diplomats separately expressed their concerns over the recent confrontations in the three days of talks hosted by Beijing. China and the Philippines provided contrasting versions of the high seas encounters in a "tense exchange" and separately showed videos of the standoffs, the two diplomats told The Associated Press. They spoke on condition of anonymity because they were not authorized to discuss the issue. The Beijing talks were the latest round of negotiations by China and ASEAN to forge a "code of conduct" to prevent a larger armed conflict in the South China Sea that could pit China against the United States.

Japan, PH leaders agree to negotiate defense pact and boost ties amid China's aggression

MANILA, Philippines (AP)—The leaders of Japan and the Philippines agreed Friday to start negotiations for a key defense pact that would allow their troops to enter each other's territory for joint military exercises. The move is part of efforts to strengthen their alliance in the face of China's alarming assertiveness in the region. Japanese Prime Minister Fumio Kishida, who is on a two-day visit to Manila, also announced after holding talks with President Ferdinand Marcos Jr. that a coastal surveillance radar would be given to the Philippines through a grant. The country is the first beneficiary of a newly launched Japanese security assistance program for allied militaries in the region. Additional Japanese patrol vessels, defense equipment and radars would be provided to strengthen the Philippines' law enforcement capability at sea, Kishida said. Japan has supplied a dozen patrol ships in recent years to the Philippines, which are now largely using them to defend its territorial interest in the disputed South China Sea. Japan has had a longstanding territorial dispute with China over islands in the East China Sea. There has been a series of tense confrontations, meanwhile, between Chinese and Philippine coast guard and navy ships in the disputed South China Sea. Two weeks ago, China's ships separately blocked then hit a Philippine coast guard vessel and a supply boat near the disputed Second Thomas Shoal in the South China Sea. Japan immediately expressed its strong support to the Philippines and the United States renewed its warning that it's obligated to defend its treaty ally if Filipino forces come under an armed attack in the contested waters.

China supported sanctions on N. Korea's nuclear program

WASHINGTON (AP)—Chinese middlemen launder the proceeds of North Korean hackers' cyber heists while Chinese ships deliver sanctioned North Korean goods to Chinese ports. Chinese companies help North Koreans workers—from cheap laborers to well-paid IT specialists—find work abroad. A Beijing art gallery even boasts of North Korean artists working 12-hour days in its heavily surveilled compound, churning out paintings of idyllic visions of life under communism that each sell for thousands of dollars. That's all part of what international authorities say is a growing mountain of evidence that shows Beijing is helping cash-strapped North Korea evade a broad range of international sanctions designed to hamper Pyongyang's nuclear weapons program, according to an Associated Press review of United Nations reports, court records and interviews with experts. "It's overwhelming," Aaron Arnold, a former member of a U.N. panel on North Korea and a sanctions expert at the Royal United Services Institute, said of the links between China and sanctions evasion. "At this point, it's very hard to say it's not intentional." China has had a complicated relationship with Pyongyang since the 1950-53 Korean War. Though uneasy with a nuclear menace at its doorstep, China doesn't want its neighbor's government to collapse, experts say. China views North Korea as a buffer against the U.S., which maintains a significant troop presence in South Korea. Beijing has long maintained it enforces the sanctions it has supported since North Korea started testing nuclear weapons and forcefully pushed back on any suggestions to the contrary. "China has been fully and strictly implementing the (U.N. Security Council) resolutions," a Chinese ambassador said in a recent letter to the U.N, adding that his country had "sustained great losses" in doing so.

N. Korea is closing some diplomatic missions in what may be sign of economic troubles

SEOUL, South Korea (AP)—North Korea confirmed Friday that it's closing some of its diplomatic missions abroad, a move that rival South Korea suspects is likely the latest sign of the North's economic troubles amid persistent international sanctions. Earlier in the week, the South Korean government said North Korea was moving to close its embassies in Uganda, Angola and Spain, as well as a consulate in Hong Kong, because the sanctions have made it extremely difficult for them to continue purported illegal activities abroad to earn money for their operating expenses. According to South Korean government data, North Korea has diplomatic relations with more than 150 countries but operates just around 50 diplomatic posts abroad. The North Korean Foreign Ministry said Friday that it is "either closing or newly opening diplomatic missions in other countries" in line with unspecified changes in the international environment and the North's external policy. South Korean officials couldn't immediately confirm if North Korea is truly opening new diplomatic missions abroad. In comments posted on the North Korean ministry's website, an unidentified spokesperson said it's normal for sovereign states to relocate their diplomatic forces abroad in pursuit of national interests.

World

Gaza refugee camp hit

AP

Palestinians look at the destruction after Israeli strikes on the Gaza Strip in Khan Younis, Saturday, Nov. 4, 2023.

KHAN YOUNIS, Gaza Strip (AP)—Israeli warplanes struck a refugee camp in the Gaza Strip early Sunday, killing at least 33 people and wounding dozens, health officials said. The strike came as Israel said it would press on with its offensive to crush the territory's Hamas rulers, despite U.S. appeals for a pause to get aid to desperate civilians.

» Israel rejects US push for a pause in fighting

The soaring death toll in Gaza has sparked growing international anger, with tens of thousands from Washington to Berlin taking to the streets Saturday to demand an immediate cease-fire.

Israel has rejected the idea of halting its offensive, even for brief humanitarian pauses proposed by U.S. Secretary of State Antony Blinken during his current tour of the region. Instead, it said that the besieged enclave's Hamas rulers were "encountering the full force" of its troops.

"Anyone in Gaza City is risking their life," Israel's Minister of Defense Yoav Gallant said.

Large columns of smoke rose as Israel's military said it had encircled Gaza City, the initial target of its offensive against Hamas. Gaza's Health Ministry has said more than 9,400 Palestinians have been killed in the territory in nearly a month of war, and that number is likely to rise as the assault continues.

Early Sunday, airstrikes hit the Maghazi refugee camp in central Gaza, killing at least 33 people and wounding 42, said Ashraf al-Qidra, the spokesman for the Health Ministry.

He said first responders, aided by residents, were still searching the rubble for dead or possible survivors.

The camp, a built-up residential area, is located in the evacuation zone where Israel's military had urged Palestinian civilians in Gaza to seek refuge as it focuses its military offensive in the northern areas.

Despite such appeals, Israel has continued its bombardment across Gaza, saying it is targeting Hamas fighters and assets everywhere. It has accused Hamas of using civilians as human shields.

Critics say Israel's strikes are often disproportionate, considering the large number of women and children killed in such attacks.

Blinken met with Arab foreign ministers in Jordan on Saturday after talks in Israel with Prime Minister Benjamin Netanyahu, who insisted there could be no temporary cease-fire until all hostages held by Hamas are released.

Jordan's Foreign Minister Ayman Safadi said Arab countries want an immediate cease-fire, saying "the whole region is sinking in a sea of hatred that will define generations to come."

Russia steps up aerial barrage of Ukraine as Kyiv officials brace for infrastructure attacks

KYIV, Ukraine (AP)—Russia unleashed a wave of nighttime drone and missile attacks across 10 of Ukraine's 24 regions, Ukrainian authorities said Friday as they prepare for another winter of infrastructure bombardment by the Kremlin's forces.

Ukraine's air force said it intercepted 24 of 38 Shahed drones and one Kh-59 cruise missile launched by Russia.

The attacks caused fires in homes and public buildings, especially in the southern Kherson region which Moscow has increasingly targeted in recent weeks, emergency services said. Authorities reported that two people were injured.

"We understand that as winter approaches, Russian terrorists will attempt to cause more harm," Ukraine President Volodymyr Zelenskyy said on Telegram after the attacks, employing his usual choice of words for the enemy's forces.

Last winter, Russia took aim at Ukraine's power grid in an effort to deny civilians light and heating and chip away at the country's appetite for war. Ukrainian officials accused the Kremlin of weaponizing winter.

The Russian strikes are inflicting "unimaginable levels of suffering" on Ukrainian civilians, according to Ramesh Rajasingham, coordination director in the U.N. humanitarian office.

Andriy Yermak, the president's chief of staff, said Russia had expanded the number of drones it uses in its routine nighttime attacks as winter approaches.

"The battle for the sky is what awaits us," he said on Telegram.

Laser-guided munitions designed to take out drones are expected to be part of a $425 million package of new U.S. military aid to Ukraine, according to U.S. officials.

Health & Wellness

Pandemic-era misinformation erodes confidence in all vaccines — survey

By TOM AVRIL
The Philadelphia Inquirer

A steady flow of misinformation about COVID-19 and its vaccines has weakened public confidence in long-established vaccines that protect against other diseases, University of Pennsylvania researchers said Thursday, citing a new national survey.

In the October survey of 1,559 people by Penn's Annenberg Public Policy Center, just 71% agreed with the statement "vaccines approved for use in the U.S. are safe"—despite overwhelming evidence for their safety—down from 77% in April 2021.

The decline threatens to erode decades of hard-won public health protections, center director Kathleen Hall Jamieson said.

"I'm generally an optimist, and this survey calls into question that disposition," she said.

She blamed the decline on a "conservative ecosystem" that sought to undermine the credibility of public health experts encouraging Americans to get the COVID vaccine, such as CDC officials and Anthony Fauci, the former White House chief medical advisor.

Republicans are less likely than Democrats to get the COVID vaccines, polling by KFF has found. Still, anti-vaccine messaging is not limited to conservatives. Robert F. Kennedy Jr., who is running for president as an independent, has long faced criticism for spreading unscientific claims about vaccines.

"We've had extended, ongoing discourse attacking vaccination by voices that had credibility with certain audiences," she said.

The decline in vaccine confidence in the new Penn survey was statistically significant, meaning that if surveyors were to redo the survey 20 times, polling similarly representative samples of the U.S. population, they would expect to see such a decline in 19 of those 20 cases.

In addition to the question about the safety of all vaccines, the survey included questions about the perceived safety and effectiveness of individual vaccines. Public confidence in several of them declined in little over a year, despite decades of evidence supporting their use, pollsters found.

When asked about the vaccine against measles, mumps, and rubella, for example, 8% said the shot was very or somewhat ineffective, up from 4% in August 2022. Asked about the safety of that vaccine, 9% said it was very or somewhat unsafe, up from 6% a year earlier.

The same trend held true in several questions about the COVID vaccines.

Asked to evaluate the statement "it's safer to get the COVID−19 vaccine than to get COVID−19," 21% of those surveyed said it was definitely or probably false, up from 16% a year ago and 10% in April 2021.

For Jamieson, the most worrisome figure was the 71% who agreed that approved vaccines are safe. To prevent outbreaks of disease, vaccines typically must be administered to more than 90% of the population. Surveyors did not ask whether respondents had gotten various vaccines, but in the past, they have found that perceptions of a vaccine's safety are strongly correlated with willingness to get it.

She said one strategy to counter unscientific views is to enlist credible spokespeople outside the public-health realm.

"You're looking for your athletes, your celebrities, anybody whose credibility has not been undermined," she said.

The survey was conducted for the Annenberg Center by SSRS, an independent market research company.

MAYO CLINIC MINUTE

Boosting kids' health literacy

By DEEDEE STIEPAN
Mayo Clinic News Network

Health literacy refers to the ability of people to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others.

In this Mayo Clinic Minute, Dr. Angela Mattke, a pediatrician with Mayo Clinic's Children's Center, explains how Mayo Clinic is leading the way to enhance health literacy for kids through engaging books to inform and inspire young people.

DREAMSTIME/TNS

Developing personal health literacy, which is the ability to find, understand, and use health-related information and services, is something that can begin early in life.

Developing personal health literacy—which is the ability to find, understand, and use health-related information and services—is something that can begin early in life.

"Mayo Clinic is truly an expert in health care. And we have an opportunity to be there talking with children, getting them excited about their health and empowering them to have agency over their own health and the health of their communities," says Dr. Mattke.

Dr. Mattke says these types of books provide accessible information on a wide range of health and science-related topics.

"I think there's a lot of health topics that children struggle to understand—anything from immunizations to why they're feeling sick, especially when children have serious and complex diseases," says Dr. Mattke.

Understanding their disease can help them feel empowered and knowledgeable about how they can participate in their care. But it's not just kids with serious health conditions that can benefit from this education.

"My children have read all these books and have read them multiple and multiple times. And so, they can help understand these diseases. It's inspiring their passion to learn more about science and learn more about health," says Dr. Mattke.

Which is another goal of promoting health literacy in children.

"We need to get kids interested in STEM—science, engineering, technology and medicine. And these are really important topics. And so, we're bringing these topics to kids to get them interested at an early age and inspire that passion.," says Dr. Mattke.

Healthy Living
Homemade
Peanut butter made in a food processor has a rich flavor and no added sugars or preservatives.
The recipe
• For smooth peanut butter, grind 1-1/2 cups of unsalted roasted peanuts with 1 tablespoon peanut oil in food processor until creamy
• For chunky style, chop 1/4 cup of peanuts in processor and set aside; add to processed nuts and oil
The count
• Two tablespoons yields 115 calories, 10 grams of fat and 4 grams of protein
Source: Nemours Foundation KidsHealth
TNS Photo Service

Index of healthy eating

ON NUTRITION

BY BARBARA INTERMILL
Tribune News Service

Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. Email her at barbara@quinnessentialnutrition.com.

Halloween is over and the candy bags are empty. Now begins the season of favorite foods and traditions. And with each passing year, I'm reminded that I want to be around for many more.

I recently listened to a fascinating webinar sponsored by the Linus Pauling Institute at Oregon State University. "Keeping Life in Your Years: Dietary Factors Affecting Healthspan and Longevity" was presented by Dr. Tory Hagen, professor of biochemistry and lead researcher for the Healthy Aging Research program at Oregon State.

Lest we dismiss this information as just for old people, Dr. Hagen remind us that the natural, irreversible process of aging begins in our 30's. In fact, he defines "middle age" (when we begin to experience physical deterioration) as those years after our 30th birthday. Gulp.

Among other factors that affect how fast and well we age, Dr. Hagen's team is especially interested in diet. In fact, he says that our day to day food choices have an extremely strong influence on our overall health, even to advanced age.

"A high quality diet (compared to a low quality diet) causes you to have a 37% decrease in mortality incidence (dying) after the age of 65," says Hagen. "That's quite good! And this decreased risk of dying is associated with a lower risk for chronic diseases such as diabetes, heart disease and cancer."

In other words, when we focus on eating a higher quality diet, we have a higher chance of staying well.

How do we know if we have a high or low quality diet? Researchers use a tool called the Healthy Eating Index to see how well we align with the USDA Dietary Guidelines for Americans. On a scale of 0 to 100, a score of 80 or higher indicates a high quality diet. A score of 50 or less is considered a poor quality diet. Incidently, in the latest survey of Americans, those of us over the age of 60 scored a 59.5.

How can we improve? A recent article in the Journal of the Academy of Nutrition and Dietetics describes how the Healthy Eating Index is scored. If you eat around 2,000 calories a day, for example, you get a maximum score if you eat about a cup of fruit a day (bonus score for whole fruit rather than juice). Your best score for vegetables is a little over 2 cups a day with extra points for greens and beans.

Score high if you eat at least 3 ounces of whole grains each day which includes cereals, breads, crackers and popcorn and 5 or more ounces of protein foods each day, which includes beans and peas as well as lean meat, poultry, eggs and soy foods. Score additional points if you include seafood and plant-based proteins in your diet. Maximum points are also earned for eating a higher percentage of poly- and monounsatured fats than saturated fats. (Check your food labels to get this information.)

Leave out any of these food groupings and your score for each group drops to zero.

Who cares? We should if we want to live the rest of our lives with vigor, says Dr. Hagen. And that includes the holidays.

Life & Style

Ancient coins found off Sardinia may be spoils of shipwreck

ROME (AP)—A diver who spotted something metallic not far from Sardinia's coast has led to the discovery of tens of thousands of ancient bronze coins.

Italy's culture ministry said Saturday that the diver alerted authorities, who sent divers assigned to an art protection squad along with others from the ministry's undersea archaeology department.

The coins dating from the first half of the fourth century were found in sea grass, not far from the northeast shore of the Mediterranean island. The ministry didn't say exactly when the first diver caught a glimpse of something metallic just off shore Sardinia, not far from the town of Arzachena.

Exactly how many coins have been retrieved hasn't been determined yet, as they are being sorted. A ministry statement estimated that there are at least about 30,000 and possibly as many as 50,000, given their collective weight.

"All the coins were in an excellent and rare state of preservation," the ministry said. The few coins that were damaged still had legible inscriptions, it said.

AP

A picture made available by the Italian Culture Minister shows some of the discovered ancient bronze coins.

"The treasure found in the waters off Arzachena represent one of the most important coin discoveries," in recent years, said Luigi La Rocca, a Sardinian archaeology department official.

La Rocca added in a statement that the find is "further evidence of the richness and importance of the archaeological heritage that the seabed of our seas, crossed by men and goods from the most ancient of epochs, still keep and preserve."

Firefighter divers and border police divers were also involved in locating and retrieving the coins.

The coins were mainly found in a wide area of sand between the underwater seagrass and the beach, the ministry said. Given the location and shape of the seabed, there could be remains of ship wreckage nearby, the ministry said.

Actor Robert De Niro's ex-assistant cites outburst as example of his abusive side

NEW YORK (AP)—A woman who served as actor Robert De Niro's chief personal assistant for over a decade began testifying at a trial against him on Thursday, citing his angry outburst at her during his testimony two days earlier as an example of his discriminatory mistreatment of her.

Graham Chase Robinson began her turn on the witness stand late in the day in Manhattan federal court as a jury hears evidence related to civil claims De Niro and Robinson have made against each other. De Niro, referenced mostly as "Bob" in court, has not returned to court since his testimony concluded Tuesday.

Robinson sued the two-time Oscar winner for gender discrimination and retaliation, seeking $12 million in damages. De Niro sued her for breach of loyalty and fiduciary duty, seeking $6 million and saying she stole 5 million air mile points from an account his children sometimes use when he had only expected her to take 1 million or 2 million.

On Tuesday the actor, angry at claims casting him as abusive and sexist, flashed his temper as he scolded Robinson, shouting, "Shame on you, Chase Robinson!" He quickly apologized.

Asked Thursday by her lawyer how common it was for De Niro to lash out angrily, Robinson remided the jury of that outburst.

"He yelled at me two days ago," Robinson said.

She testified for about a half hour and was expected to spend all day Friday on the witness stand.

She followed testimony from Tiffany Chen, De Niro's girlfriend, who had repeaded clashes with Robinson in 2019 as Robinson worked on a newly purchased townhouse where the couple planned to reside, precipitating Robinson's resignation from one of De Niro's companies, Canal Productions.

Robinson, 41, had worked there since 2008 as her title changed from executive assistant to vice president of production and finance and her salary rose from roughly $75,000 to $300,000. De Niro testified that he granted the title change at Robinson's request but her job duties didn't change.

Chen told De Niro in a series of emails shown to the jury that she thought Robinson was having "imaginary intimacy" with him and was a "mean, insecure, territorial girl" who "thinks she's your wife" and "wants to be the lady of the house."

Questioned about the emails, Chen did not back down, saying, "She's crazy."

Seeking to counter Chen's suggestions that Robinson wished for a romantic relationship with De Niro, a lawyer asked Robinson shortly after she began testifying if she was attracted to him. She said no, and also denied ever wanting to live with, marry or have a child with the actor.

Matthew Perry Foundation created to help people with addiction

LOS ANGELES (AP)—Less than a week after his death, a foundation has been established in the name of Matthew Perry to help people dealing with addiction.

"In the spirit of Matthew Perry's enduring commitment to helping others struggling with the disease of addiction, we embark on a journey to honor his legacy by establishing the Matthew Perry Foundation, guided by his own words and experiences, and driven by his passion for making a difference in as many lives as possible," said an inaugural statement establishing the Matthew Perry Foundation on Friday.

The Emmy-nominated "Friends" star often spoke publicly about his struggles with drug and alcohol addiction. The foundation, which is now accepting donations, cited his desire to be remembered as someone who helped others with substance abuse even more than his sitcom stardom.

The foundation will be maintained by the National Philanthropic Trust. No further details on the organization were immediately released.

Perry was declared dead at age 54 after paramedics found him unresponsive at his Los Angeles home on Oct. 28. Authorities are investigating the cause.

He starred along with Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matt LeBlanc and David Schwimmer for 10 seasons on NBC's "Friends."

Health diagnosis fills wife's head with doubts

DEAR ABBY: I have recently been diagnosed with a chronic illness. I am only 40, and I always took for granted that I had plenty of life left to live. I'm happily married, but I worry because my husband, "Al," has become my caretaker. I feel terrible about it.

My condition is very limiting. I'm in pain all the time and may have to stop working completely. I have developed depression and often cry at home. I feel so guilty, as if I have ruined his life. Al swears he just wants to be with me no matter what we have to go through. I'm just not sure I can handle holding him back from the rest of his life as well. I love him so much. What should I do?

CHANGED IN TEXAS

DEAR CHANGED: Please allow me to offer my sympathy for your diagnosis. Having a painful, life-limiting health condition at such a young age would depress anyone. Please stop adding to it by burdening yourself with guilt for needing your husband's help. He loves you, and has assured you he "just wants to be with you no matter what."

It's important that you discuss your depression and guilt with your doctor. You may need counseling, medication and perhaps a support group to help you with the life adjustments that may lie ahead. Please gather your resolve to fight these negative emotions and reach out for the help you need. It is there, and once you do, you will realize you have a whole team ready to help you through this.

■ ■ ■

DEAR ABBY: I'm in a book club I started with friends 13 years ago. The 12 of us have grown close and value, appreciate and respect each other. I recently invited a childhood friend to join. She's an avid reader.

Abby, although she's a nice person, she simply does not fit in with the group. She talks too much, tends to brag a lot and makes insensitive comments. An example: Two of us are leaving on a cruise soon, and she shared how tacky and claustrophobic she thinks those trips are. The rest of the group were appalled, and I feel awful that I introduced her into my longtime book club.

On the other hand, I cannot fathom telling my childhood friend the group would prefer she not attend. I am sure it would be hurtful. A few of us are hoping you will have a solution. Please help.

READING THE ROOM

DEAR READING: How about being completely honest? Tell your childhood friend that if she wants to remain a member of the book club, she will have to brag and talk less and refrain from making insensitive comments. If she asks what you mean by that, repeat the example you shared with me.

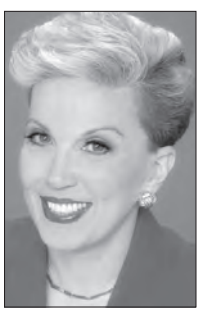
P.S. While I can understand why the two of you who are going on the cruise might have been shocked into silence, it would have been better if those two had spoken up and confronted your friend about why she would volunteer something so negative.

■ ■ ■

To receive a collection of Abby's most memorable – and most frequently requested – poems and essays, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

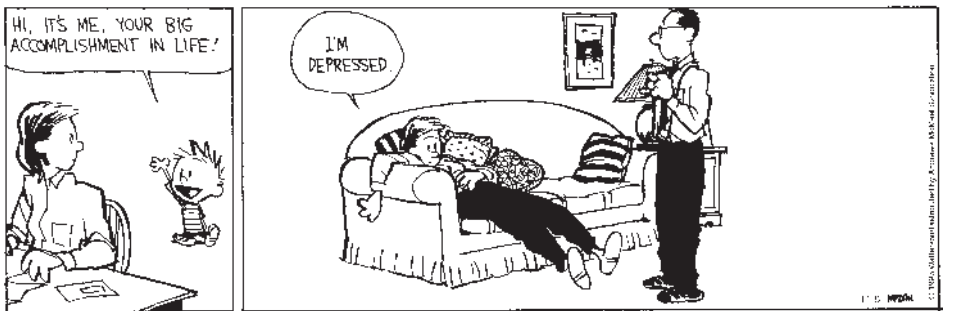


Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson

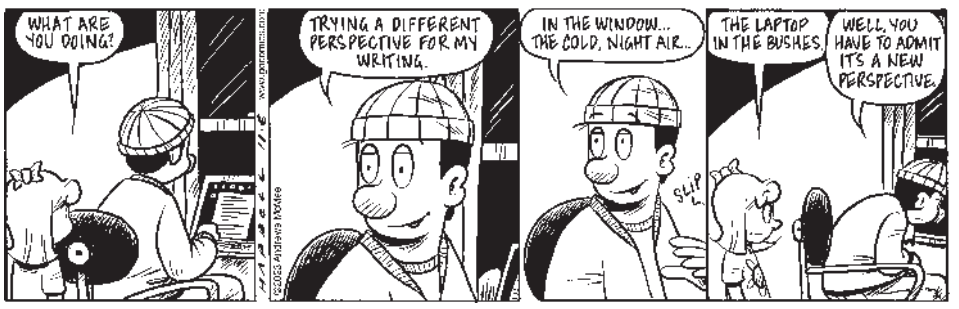


Garfield®

By Jim Davis

Adam@home

By Bryan Basset


WHAT ARE YOU DOING?
TRYING A DIFFERENT PERSPECTIVE FOR MY WRITING.
IN THE WINDOW... THE COLD, NIGHT AIR...
SLIP
THE LAPTOP IN THE BUSHES.
WELL, YOU HAVE TO ADMIT IT'S A NEW PERSPECTIVE.

The Duplex

By Glenn McCoy

LET'S SEE, I THINK I'LL HAVE ONE OF OUR TASTY PREMIUM BEERS
WHAT? WE ONLY BUY THE CRUMMY-TASTING CHEAP STUFF.
I KNOW, BUT I'M HOPING MY TASTE BUDS ARE REALLY DUMB AND CAN BE TRICKED INTO THINKING IT'S GOOD.
11/6

CROSSWORD

By Eugene Sheffer

ACROSS

1 Pairs
5 Highland hat
8 Oust
12 Cattle farm worker
14 Water, in Mexico
15 "Are we done here?"
16 Move like a butterfly
17 Miner's find
18 Burning
20 Rifle stand
23 Asia's — Sea
24 Hurler Hershiser
25 Whines tearfully
28 Combat
29 Sucker
30 Boom times
32 Foursome
34 Dross
35 Banquet platform
36 Sudden gush
37 Gentle breeze
40 Actress Phillipa
41 Monster
42 Turkish city
47 Queen dowager of Jordan
48 Study the heavens
49 Salinger girl
50 Towboat
51 Canal of song

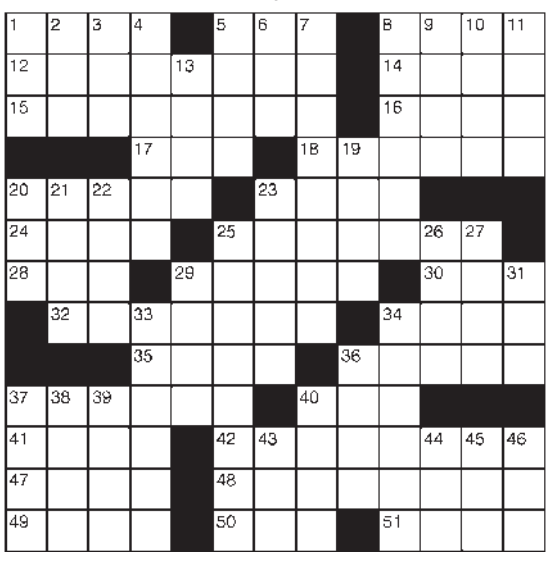
DOWN

1 Part of TNT
2 Existed
3 Toronto's prov.
4 Instruct
5 Head, to Henri
6 "Entourage" agent
7 Gas station user
8 Perplex
9 Wrinkly fruit
10 Naturalist John
11 Cracker spread
13 Difficult
19 Shade of blue
20 Fiddle stick
21 Persian Gulf land
22 Lima's land
23 Poker pot starters
25 Jonathan Swift, for one
26 Humdinger
27 Mast
29 Beseech
31 Pvt.'s superior
33 Stick
34 Moocher
36 Fly like a hawk
37 Region
38 Hollywood clashers
39 Senior moment?
40 Men-only
43 "Rugrats" dad
44 Saloon
45 Action flick gun
46 Writer Harper

Solution time: 21 mins.

I	D	S	■	A	I	D	F	■	R	O	B	S
T	C	C	■	U	S	C	R	■	C	D	I	C
S	W	A	N	D	I	V	F	■	C	I	N	F
■	■	L	O	I	N	■	■	P	O	N	D	S
B	R	E	S	T	■	T	S	A	R	■	■	■
R	A	V	E	■	S	A	N	D	D	U	N	E
A	G	E	■	B	A	B	A	S	■	T	E	A
S	A	L	T	Y	D	O	G	■	R	E	V	S
■	■	■	O	R	E	O	■	M	A	N	E	T
S	T	A	I	D	■	■	I	O	I	S	■	■
E	A	R	L	■	S	O	A	P	D	I	S	H
E	T	T	E	■	P	A	C	E	■	L	I	E
D	E	E	D	■	A	R	E	S	■	S	P	Y

Last Friday's Answer



STUMPED? For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Emma Stone, 35; Ethan Hawke, 53; Maria Shriver, 68; Sally Field, 77.

Happy Birthday: Evaluate what's important to you and adjust your routine. Let your intuition and imagination lead the way, and you'll find the path and people to make your journey more enjoyable. Opportunities are apparent, but first, you must let go of your inhibitions and distance yourself from negativity. Surround yourself with creative people, and structure your environment to offer space and time to express yourself. Your numbers are 8, 13, 22, 28, 31, 35, 46.

ARIES *(March 21-April 19):* Expand your mind, do your research and plan your next move. Be secretive until you are ready to take the next step and present what excites you most. Don't let emotions stop you; size up situations and do what makes the most sense. ✪✪✪

TAURUS *(April 20- May 20):* Opportunity knocks. Don't be shy; embrace what life offers and give it your best shot. An exciting partnership will provide you with more time to do what you do best. A physical change will build the confidence you need to advance. ✪✪✪✪✪

GEMINI *(May 21-June 20):* Don't trust others to do things for you. Focus on what you are trying to achieve. You'll be subject to false hope or misinformation if you count on others. A social connection will use what you share against you. Talk less; be a good listener. ✪✪

CANCER *(June 21-July 22):* Take the initiative to start a discussion, project or plan that will improve your surroundings, environment or ability to reach your goal. A change of scenery will spark your imagination and encourage you to invest more time and money in yourself. ✪✪✪✪

LEO *(July 23-Aug. 22):* Take a step back and examine what's unfolding. Observation will help you know when to take a pass. Set high standards, and don't budge until you see a clear passage forward. Don't be fooled by the hype. It is better to be safe than sorry. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* You've got the power to make things happen. Consider your ideal situation and make it a reality. Travel, communication and partnerships are favored. Take the initiative to put your ideas into play, and everything else will fall into place. Romance is on the rise. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Pay attention. Someone you think you can count on will let you down if you turn your back. It's up to you to reiterate what you want and expect from others or to prepare to do the work yourself. Take responsibility and forge ahead. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Revisit something you want to incorporate into your everyday routine. Explore the possibilities and eliminate what is no longer essential or working effectively for you. Be true to yourself instead of putting everyone else first. Create an environment that makes you happy. ✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Mixed emotions will lead to trouble. Step back and, when in doubt, rethink what you are trying to achieve. Don't share information when you haven't checked the facts. Someone will use misinformation to sway your opinion. ✪✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Develop relationships and pay attention to money management. You stand to prosper if you take a hands-on approach to money and contracts. A vocal role in the distribution of time, finances and skills will help you reach your goal on time. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Keep an open mind, listen and observe, but don't fear moving forward alone. Outside influences will cost you if you let your insecurities surface and allow someone else to call the shots. Take control instead of putting your fate in someone else's hands. ✪✪✪

PISCES *(Feb. 19-March 20):* You are sitting on an opportunity. Recognize what's available to you and make your dreams come true. A good imagination coupled with experience and common sense will lead to victory. Personal growth and positive change can be yours to enjoy. ✪✪✪

Birthday Baby: You are energetic, proactive and opportunity-driven. You are innovative and prolific.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

		9	2	4	5	3		
	5			9	6		1	
	4		1		3	6		9
	1	2	3	5	4		8	6
	7				8			5
						2		
4	9	7	5					1
			7		9	5	6	
5	3		4			9		

Difficulty: ★ 11/6

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

5	7	2	8	1	6	3	9	4
3	1	6	2	9	4	7	5	8
4	9	8	7	3	5	2	1	6
7	4	9	3	8	1	6	2	5
2	8	5	9	6	7	4	3	1
6	3	1	5	4	2	9	8	7
9	6	7	1	5	3	8	4	2
1	2	3	4	7	8	5	6	9
8	5	4	6	2	9	1	7	3

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Difficulty: ★★★★ 11/4

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

ZERO BYPASS ENGINES Solution: 10 letters

E	E	S	L	E	U	F	L	I	G	H	T	I	M	E
P	R	O	P	E	L	L	E	R	N	S	E	Z	I	S
T	U	U	M	E	R	E	A	N	E	E	N	R	C	M
S	S	A	T	O	E	I	C	V	E	O	R	A	O	E
E	S	U	T	A	R	D	L	T	Z	R	O	T	F	C
S	E	O	A	C	R	A	N	Z	R	A	G	M	I	H
A	R	P	R	H	V	E	L	O	C	I	T	Y	E	A
G	P	A	U	A	X	E	P	C	I	U	C	A	P	N
R	F	E	T	M	T	E	E	M	R	T	T	R	O	I
T	C	U	C	B	P	L	T	B	E	A	A	I	E	C
H	Y	N	U	E	E	W	O	L	F	T	T	U	U	A
S	C	I	D	R	G	J	L	V	I	O	T	T	Q	L
S	L	T	A	R	E	O	I	O	M	M	L	L	R	E
D	E	T	I	T	A	R	P	I	P	E	C	R	O	F
R	E	W	O	P	R	W	C	O	M	B	U	S	T	B

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Accelerate, Aircraft, Atom, Bolt, Build, Chamber, Combust, Core, Cycle, Draw, Duct, Electric, Energy, Equation, Exhaust, Fans, Flight, Flow, Force, Fuel, Gases, Gear, Heat, Inertia, Mass, Mechanical, Melt, Motion, Nozzle, Pilot, Pipe, Pitch, Power, Pressure, Propeller, Pump, Ratio, Rotor, Size, Speed, Temperature, Time, Torque, Turbojet, Unit, Valves, Volt

Last Friday's Answer: Game Day

To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480. (In Canada, call 1-855-232-2367)

Embiid scores 26, Oubre 25 as 76ers beat Suns for 4th straight win

PHILADELPHIA (AP)—Joel Embiid had 26 points and 11 rebounds, Kelly Oubre Jr. scored 25 and the Philadelphia 76ers beat the Phoenix Suns 112-100 on Saturday for their fourth straight win.

With Bradley Beal (back spasms) and Devin Booker (sprained left ankle) sitting out, the Suns faltered in the fourth quarter and lost their third game in a row. Kevin Durant kept Phoenix within striking distance until late with 31 points.

Tyrese Maxey had 22 points and 10 assists, and Tobias Harris added 18 points and 10 rebounds for the Sixers.

AP

Philadelphia 76ers' Joel Embiid (21) goes up for a shot against Phoenix Suns' Drew Eubanks (14) during the second half of an NBA basketball game, Saturday, Nov. 4, 2023, in Philadelphia.

NUGGETS 123, BULLS 101

DENVER (AP)—Nikola Jokic had 28 points, 16 rebounds and nine assists, Michael Porter Jr. scored a season-best 27 and Denver overcame the loss of point guard Jamal Murray to beat Chicago.

Aaron Gordon had 15 points and 12 rebounds for defending NBA champion Denver, which has won all four of its home games.

Murray played the first 8:40 before leaving with right hamstring tightness. Reggie Jackson, getting extended minutes in place of Murray, scored 16 off the bench, tying his season high.

Nikola Vucevic had 19 points and DeMar DeRozan scored 17 for the Bulls, who have dropped two straight.

CELTICS 124, NETS 112

NEW YORK (AP)—Jayson Tatum had 32 points and 11 rebounds to lead unbeaten Boston over Brooklyn.

Tatum was one of five players to finish in double-figure scoring for the Celtics, who improved to 5-0 this season.

Jaylen Brown had 23 points and Kristaps Porzingis added 22. Jrue Holiday finished with 18 points and 10 assists, and Luke Kornet scored 11 off the bench.

Playing its second game in two days, Brooklyn dropped to 3-3. Cam Thomas led the Nets with 27 points.

MAGIC 120, LAKERS 101

ORLANDO, Fla. (AP)—Franz Wagner scored 26 points, and Paolo Banchero added 25 points, 10 assists and seven rebounds as Orlando routed Los Angeles.

Goga Bitadze started at center for the Magic and finished with 10 points, 10 rebounds and five blocks.

Wagner scored 16 in the first half and Banchero added 15 points and five assists in leading the Magic to a 67-51 lead at the break.

Anthony Davis had 28 points, 13 rebounds and seven blocks for the Lakers. LeBron James finished with 24 points and nine rebounds.

HAWKS 123, PELICANS 105

NEW ORLEANS (AP)—Trae Young had 22 points and 12 assists, and Atlanta defeated New Orleans to extend its winning streak to four games.

Jalen Johnson added 21 points and 11 rebounds, and Dejounte Murray scored 20 for the Hawks, who trailed by 10 early in the second half before surging in front with a 30-10 run.

Atlanta's victory came despite the return of Zion Williamson and Brandon Ingram to New Orleans' lineup. Williamson scored 25 points, Ingram had 16 and Pelicans rookie Jordan Hawkins hit four 3-pointers on his way to a career-high 15 points.

HORNETS 125, PACERS 124

INDIANAPOLIS (AP)—Mark Williams scored 27 points, Gordon Hayward had 23 and Charlotte snapped a three-game losing streak by beating Indiana.

Terry Rozier had 22 points and has scored 20 or more in all five Hornets games this season.

Tyrese Haliburton tied a career high with 43 points to lead the Pacers, who have lost three of four.

Williams, who shot 9 of 12 and grabbed a team-high seven rebounds, scored nine points in the fourth quarter to help Charlotte rally.

TIMBERWOLVES 123, JAZZ 95

MINNEAPOLIS (AP)—Karl-Anthony Towns scored 15 of his season-high 25 points in a dominant third-quarter stretch, and Minnesota pulled away to beat Utah.

Anthony Edwards led the Timberwolves with 31 points: 19 in the first half and 12 in the fourth quarter. Rudy Gobert had 11 points and a team-best 10 rebounds against his former team for his fourth double-double in the first five games.

Lauri Markkanen led the Jazz with 22 points and eight rebounds. He was 4 of 11 on 3-pointers after making a franchise-record 25 through the first six games.

Utah, which opened a four-game trip, has lost four of five.

ROCKETS 107, KINGS 89

HOUSTON (AP)—Dillon Brooks scored 12 of his 26 points in the fourth quarter to lead Houston past Sacramento.

It was the second straight win for the Rockets after they opened the season 0-3.

A 3-pointer by Malik Monk got the Kings within three with about 8 1/2 minutes remaining. But the Rockets then went on a 10-2 run, with six points from Brooks, to push the lead to 90-79 midway through the period.

Monk scored 18 points off the bench to lead the Kings, with De'Aaron Fox sidelined for a second consecutive game due to a sprained right ankle. Domantas Sabonis had 11 points and a team-high 15 rebounds.

Fred VanVleet had 21 points and 12 assists, and Jabari Smith Jr. had 21 points and 11 rebounds for the Rockets.

Embiid says Harden 'did a lot of great things' in Philly, but it's time to move on

PHILADELPHIA (AP)—Joel Embiid envisioned winning an NBA championship with James Harden at his side. Embiid has a new idea of how to win one with the 76ers—play his former teammate and the Los Angeles Clippers in the NBA Finals.

"He's on the losing side of it," Embiid said with a laugh. "We're on the winning side of it."

Embiid and the 76ers are relieved they are no longer tethered to the daily Harden soap opera that has enveloped the franchise since the summer.

The 76ers traded Harden this week to the Clippers for a package of players and draft picks, ending the promise of two NBA MVPs chasing a championship in Philly.

"He got what he wanted," Embiid said.

The Sixers did, too.

They are, perhaps for the first time since former guard Ben Simmons issued his trade demand in 2021, a complete team without the headaches that come along with All-Stars bellyaching about their role, their contract, their feelings inside the locker room.

Winning helps.

The 76ers are perhaps an uncalled travel away in the season opener from being 4-0. As it is, the 76ers are 3-1 with Embiid putting up numbers like a player intent on defending his MVP crown. Tyrese Maxey has blossomed into the true, unselfish No. 2 role that Harden never really embraced over 79 regular-season games. And Tobias Harris and Kelly Oubre Jr. are playing more like pivotal contributors rather than oft-forgotten role players.

Harden took some parting shots at the Sixers on Thursday in Los Angeles with the 10-time All-Star saying the team had him "on a leash" in his short stint. Harden complained he didn't get enough credit in Philly for sacrificing millions on his last contract in the summer of 2022 so the team had enough money to spend on free agents. And he said under former coach Doc Rivers, the Sixers didn't play an offense that fit his ball-dominant, freelance-style of offense.

"I'm not a system player," Harden said. "I am a system."

Embiid scoffed at the notion that Harden—who fell out of favor among Philly fans with a combined 22 points in Games 6 and 7 second-round playoff losses last season to Boston—was hamstrung by the Sixers' scheme.

"We gave him the ball every single possession to just go out and do his thing," Embiid said. "From there, he had to make decisions as far as getting guys open or looking out for himself. I thought he did a pretty good job just getting us into an offense."

If the Sixers missed Harden, it sure didn't seem like it in the locker room.

The Sixers beat Toronto on Thursday night in a game where almost everyone contributed. Embiid had 28 points, 13 boards and seven assists. Harris and Oubre each scored 23. Maxey had 18.

Harden's nameplate was, of course, removed from his locker and there wasn't a shred of his merchandise found in team stores on the Wells Fargo Center concourse. Not even on the discount rack.

Embiid, though, noted how it's still kind of hard to imagine how much more of a threat the 76ers might have been with a healthy, happy, well-paid Harden still on the roster.

"That was out of our control," Embiid said. "In that situation, you've got to roll with it. But I still believe we have a chance. We are right there. Especially with the team we have right now."

Sixers coach Nick Nurse was hired in the summer and soon found himself trying to navigate the murky Harden waters—the guard publicly called team president Daryl Morey a liar to ignite the dissension.

Harden opted in to the final year of his contract to try and force a trade, was late to training camp and had hit-and-miss participation at practice — with little inclination to actually really play—all while Nurse was trying to implement his style and get to know his new team.

While Nurse publicly said all the right things ahead of the trade about welcoming Harden back, he admitted Thursday that he never truly believed he would coach Harden.

"I think that I thought the chances were pretty low," Nurse said. "When he opted in, I said, 'OK, we get a chance to coach him.' Then the stuff happened and I went, 'Oh'. Up and down, up and down a little bit. There were times, yeah, when I thought for sure. Then he showed up in practice.

"I will say this, he was in shape, worked extremely hard, was extremely professional while he was here and he looked awesome. He really did, while he was here. We just never got to the game part of it all."

Embiid said Harden was never really a distraction—"guys have been focused knowing we're still good enough"—and wished him well in Los Angeles.

"I think he did a lot of great things for us," Embiid said. "But the notion of misuse, maybe that might have been coming the way he felt with the coaching staff. But in my opinion, I just feel like we just allowed him to be himself. We gave him the ball every single possession because he is really good. He's an amazing player."

Just not in Philly anymore.

Pickett hits Johnson for late touchdown as Steelers slip past Titans

PITTSBURGH (AP)—The Pittsburgh Steelers know their margin for error is impossibly thin. They know no other way.

The tighter the finish, the more the team they believe they can be—a team that rarely, if ever, shows itself for four quarters—emerges.

"You can't get nervous," running back Jaylen Warren said. "We're not ones to fold. When the pressure builds, we love it. We love it."

Sure looks like it.

Kenny Pickett threw a 3-yard touchdown pass to Diontae Johnson with 4:02 to go and Pittsburgh's defense turned away Tennessee rookie quarterback Will Levis twice in the final minutes as the Steelers rallied for a 20-16 victory on Thursday night.

Pittsburgh (5-3) bounced back from a dismal loss to Jacksonville on Sunday by doing what it has done so well for so long: hanging around long enough to pull it out in the end.

Four of Pittsburgh's five wins this season have come in games they trailed entering the fourth quarter. All five of Pittsburgh's victories have come by eight points or less.

"The fact that we continue to find ways to win, I think is a huge advantage to us," said Pickett, who threw for 190 yards and the winning score while playing with aching ribs. "No one panics down the stretch. We all are confident in each other."

Pickett struggled at times while completing 19 of 30 but found Johnson for 32 yards down the sideline on the go-ahead drive then hit him again on a little out to Johnson just beyond the goal line for the receiver's first touchdown reception since Jan. 3, 2022, a span of 23 games.

AP

Pittsburgh Steelers wide receiver Diontae Johnson (18) and quarterback Kenny Pickett (8) celebrate a touchdown against the Tennessee Titans during the second half of an NFL football game Thursday, Nov. 2, 2023, in Pittsburgh.

"It was a big deal to get him in the end zone," Pickett said. "It's been too long for sure."

Johnson finished with seven receptions for 90 yards. Warren added 112 total yards—including a burst over the right side for 22 yards on the winning drive. Najee Harris had 76 total yards and a touchdown as the Steelers continued a startling trend. Pittsburgh is the 29th team since 1970 to be outgained in each of its first eight games and the only one to have a winning record in spite of it.

"Obviously we're not satisfied with where we are," Steelers outside linebacker T.J. Watt said. "We just need to continue to improve and eliminate problems as quickly as possible."

Levis played well in his second NFL start but couldn't match the electricity of his first, a four-touchdown masterpiece against Atlanta. Levis threw for 262 yards but his 39th and final pass ended up being the first interception of his career when Steelers linebacker Kwon Alexander picked off a pass at the goal line with 6 seconds remaining to seal it.

"It's so hard to win games and you have an opportunity like that to win it at the end and it doesn't happen, it makes you feel a whole lot worse," Levis said. "Credit to them. they made the plays when they needed to and we didn't."

Titans wide receiver Treylon Burks was carted off the field with just over 2 minutes to go when he landed hard on the Acrisure Stadium turf after unsuccessfully trying to haul in a fourth-down heave from Levis.

The second-year pro lay on the field for several minutes while being tended to by medical staff from both teams. Burks was alert and moving in the training room after the game.

"It's probably better than how it looked," Vrabel said.

The Steelers moved embattled offensive coordinator Matt Canada from the coaching box to the sideline in hopes of helping provide a spark to a unit that began the night near the bottom of the league in every meaningful statistical category.

The immediate returns were encouraging. The Steelers ran for a season-high 166 yards and scored a touchdown on the opening possession for the first time all season.

Steelers first-round pick Broderick Jones fit in seamlessly while making his first NFL start at right tackle. Jones was noticeable during a handful of longer runs and helped clear the lane for Harris on his 10-yard touchdown sprint in the first quarter.

Second-round pick Joey Porter Jr. asked Tomlin during the week for the chance to shadow Titans star wide receiver DeAndre Hopkins. A week after reaching the end zone three times against Atlanta, Hopkins was limited to four receptions for 60 yards despite being targeted a game-high 11 times.

"I was just like, 'he's got to see me,'" Porter said. "I just try to go in there with that chip on my shoulder and give him that good work."

Four different Tennessee offensive linemen—left tackle Nicholas Petit-Frere, left guard Peter Skoronski, right guard Daniel Brunskill and tackle Andre Dillard—had to be helped off the field at some point during the game. All but Petit-Frere (shoulder) returned. Sean Murphy-Bunting left in the first half with a thumb injury.

Chiefs want to be 'world's team' by going global with star power, Super Bowl success

FRANKFURT, Germany (AP)—Patrick Mahomes circled the Frankfurt game on his calendar when the NFL schedule was announced.

"It's really cool just to be on this stage, the world stage, in Germany," the Kansas City Chiefs quarterback said Friday. "I'm excited to be able to play out here."

The Chiefs are excited, too, because the game against the Miami Dolphins on Sunday at Deutsche Bank Park is a big step for an organization with global ambitions to become the "world's team."

The blueprint is simple enough. They have won two of the past four Super Bowls, they have dynamic stars in reigning MVP Mahomes and All-Pro tight end Travis Kelce, and the NFL has prioritized international growth. Taylor Swift just adds to their good timing.

"We feel like this is our era," Chiefs president Mark Donovan said. "Based on the timing, the success and the stars, it's a responsibility to take advantage of this. If we don't aggressively take advantage of this, that's a failure."

The Chiefs have commercial rights in Germany under the league's global markets program, meaning they can sign corporate sponsorship deals, hold events to attract fans and sell merchandise as they do in their home markets. That country list includes Austria and Switzerland, as well as Mexico.

The NFL added a 17th game to the schedule to facilitate playing more games abroad, and it is reviewing Spain and Brazil as future hosts, one of them possibly for the 2024 season.

"It can be looked at as maybe arrogant. I like to look at it as ambitious, but we want to be the world's team," Donovan said. "We think the opportunity exists today for us to set a foothold that we are the world's team, that people look at the Chiefs as an international representation of the NFL."

They say they have some numbers to back it up, too. The NFL told the Chiefs that they are No. 2 in "revenue generated from the international markets," Donovan said. He declined to say which team is first, and the NFL didn't comment.

The Chiefs have played two other regular-season international games, winning in Mexico City in 2019 and in London four years earlier.

This one is different, though. The global markets program only took effect in January 2022, the Chiefs have another Lombardi Trophy, and Mahomes is increasingly the face of the league following the retirement of Tom Brady.

"From our standpoint, we're going to be aggressive in looking at additional markets, and we're going to be aggressive in looking at additional games," Donovan said. "We think games are the best way to have that foothold activation."

With the league studying Spain and Brazil, those two countries are atop Kansas City's list of potential next markets, Donovan said.

The Chiefs are "talking to the league" about ways to play more international games. As is, they are a big draw around the U.S., so other teams don't want to give up the revenue that comes with a visit from Chiefs Kingdom. The Tampa Bay Buccaneers, for example, rejected the Chiefs as the "away" team for their game in Munich last season, Donovan said.

Kansas City is the designated "home" team in Frankfurt, as will be the New England Patriots next week against the Indianapolis Colts.

The Chiefs have spent about $1 million in preparation and fan events for Frankfurt — that includes docking a Chiefs-themed yacht in the Main River. Over the past nearly three years, the team has spent about $3 million on its international efforts, with the majority invested in Germany, Donovan said.

"It's going to pay off over time," he said.

The late Lamar Hunt was an early proponent of going international. The Chiefs have played preseason games in Japan, Mexico and Germany.

A memorable preseason game took place in August 1990 when the Chiefs played the Los Angeles Rams at Olympic Stadium in West Berlin after the Berlin Wall fell and just before reunification. Media reports said there were 55,000 fans.

Growing an international fan base these days "is much easier to do now because of social media, because of the digital delivery of games," Chiefs Chairman and CEO Clark Hunt said this week.

As for becoming the world's team, Donovan acknowledges it won't be easy.

"It's a big, audacious goal," he said.

Inaugural 40+ 'OG' hoops league meeting this Saturday

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

The Inaugural 40+ "OG" Basketball League 2023 is having a meeting this Saturday, Nov. 11, 9am at the Gilbert C. Ada Gymnasium conference room.

This meeting is to discuss the league rules and regulations for the tournament that is set for Monday, Dec. 4. The games will be played under FIBA rules and regulations.

Entrance fee per team is $800 and is on a first-come, first-serve basis. The maximum number of teams is eight with a total of 18 players, but only 15 active players, and three coaching staff each. Players must be 40 years or over prior to the start of the league.

LEIGH GASES

The Inaugural 40+ "OG" Basketball League 2023, set for Dec. 4, is having a meeting this Saturday, Nov. 11, 9am at the Gilbert C. Ada Gymnasium conference room

The final meeting and deadline to submit all forms/payment is on Tuesday, Nov. 28, 5pm, at the same conference room.

All weekday games start at 5:30pm for the first game and 7pm for the second game. Weekend games start at 2:30pm for the first game, 4pm for the second game, and 5:30pm for the third game.

Games are scheduled for Saturdays, Sundays, Tuesdays, and Thursdays at the Gilbert C. Ada Gymnasium.

There will be a total of 39 games played in the tourney.

The playoffs are set to start on Jan. 18, with the finals set for Feb. 3.

Please attend the meeting this Saturday to hear more rules and regulations in detail and for more inquiries.

Contact nmibasketballfederation@gmail.com for more details.

BLUE

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and gave Blue Haus the extra push they needed to get out of the second quarter when JSN trailed by just five points, 39-44. JSN's try for a comeback was quickly dashed as Blue Haus blew the game wide open in the third quarter.

Blue Haus' Tony Diaz provided cover from the inside with his fast-break drives which resulted in and-1s, while Barrios and Esdrelon gunned firepower from outside the perimeter.

It was too little too late for JSN to play catch-up in the fourth quarter as Blue Haus synched up and almost all the shots they took resulted in baskets—while JSN were reduced to just 10 points.

In the end, Esdrelon put up 19 markers, Diaz had 18, and Barrios had 17.

JSN's Bernard Montano scored 18, while Cecilio Bisana collected 12 points, and former Blue Haus big man Bruce Berline scored 11.

Blue Haus came out of the ashes after first losing to A Plus in a close game in their first semis game, then won against Legends right after. Blue Haus ended the regular season with just one loss while A Plus were and is currently undefeated.

Results of Checkpoint vs. The Game Eats Easy semis will be posted in the next issues of *Saipan Tribune.*

Blue Haus 93 – Esdrelon 19, Diaz 18, Barrios 17, Capalad 13, Chan 5, De Dios 5, Atiogue 2, Peredo 2.

JSN 60 – Montano 18, Bisana 12, Berline 11, Olaitiman 6, Pelisamen 6, Tabora 5, Joyner 2.

Scoring by quarters: 23-15, 44-50, 79-50, 93-60.

HOPWOOD

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of just five PK's, they had to score seven to win it all.

The Hilitais' Alyza De Belen scored the winning PK after she whizzed it past the SIS goalie and the team and supporters exploded into cheers and emotion.

HMS' Yelynn Ha scored the first PK, followed by SIS' Beatrice Gross PK that tied it up, 1-1. HMS' Alyssa Borlongan shot her PK in, and the game was immediately tied up once again after SIS' Addalee Taflinger made it 2-2.

SIS could've won it all after they made two more PK's and as HMS missed one, but HMS went on to score all five of their PK's left, while SIS went two for four.

It was a tug of war matchup from the opening whistle as both teams could not surpass the other's defenses long enough to get to the gates of their goalies.

HMS main strikers Ha and Borlongan were kept at bay for the whole game with SIS' speedy and aggressive defenders putting the pressure and interceptions on. On the other hand, SIS' own Taflinger, Gross, and Aubrey White were also repelled by HMS' defenders as they pushed for HMS' goal, so both teams were evenly matched throughout the game.

For her show of tenacity on the field, the MVP and Golden Boot awardee was eighth grader Borlongan with a total of 20 goals throughout the season.

The 13-year-old said she was "happy because this is our last year in Hopwood. I'm glad we got the win."

As for how she felt winning the MVP and Golden Boot award, she said, "I'm very surprised. I thought another person would get it."

With the final game that resulted in a shootout, she said, "It was really intense. We kept playing to the last minute. A lot of our teammates were really tired, but we did good." She added, "What I was thinking in the game was, 'we want that trophy. We want to bring it home—we wanted to show what Hopwood's made up."

When asked how it felt defeating SIS after losing to them in the championships last season, she said, "It feels really good to have a comeback." She then thanked God and her family for their support through her games.

Cyrus Ybanes, head coach for HMS, was asked how it felt winning the championship after the game and said, "It was great. Definitely a little bit sad for SIS, but they won last year and I'm just glad they put up a great fight."

When asked what the strategy was to get over the shootout and win, he said, "That was all the players. I have no say in that. They did everything. I may be the coach, but you know, it's really on them."

This year, opposed to last year, he said, they had more training and motivation. "I really have no words. I'm just really happy for them."

About Borlongan, he said she deserves the awards she got. "She's an amazing player. They're all amazing. They all did their part." He said that most of the players are eighth graders and will be leaving the team, including Borlongan and Ha.

HMS' championship lineup included De Belen, Ha, Borlongan, Angel Calayag, Grace Arkoh, Christina Napitan, Elyza Brillo, Jackielyn Calage, Roxlyn Ferrer, Pritika Sen, Vanessa Bayog, and Francheska Ferrer.

In the third-place game earlier in the afternoon, the Francisco M. Sablan Middle School defeated the DanDan Middle School Tottots, 3-1.

LEIGH GASES

Hopwood Middle School's star striker Alyssa Borlongan is the championship MVP and Golden Boot awardee of the 2023-2024 NMIFA-PSS Interscholastic Girls Middle School Soccer League.

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Josef Yang, 6; Colin Lilles, 7; Willie Guo, 9; Wilson Guo, 10; William Guo, 12; Mickaella Yue Yang, 13; John Riley Austin, 15; Sheryne Yang, 16; and Spencer Floyd, 46; joined the ranks of some of the dojo's award-winning blue belts like Jerry Diaz and Dennis Guo, who both won gold in the World Karate Organization Shinkyokushinkai Full Contact Karate Championship 2023 at the Ilearn Academy Gymnasium in Guam last April 29.

After the traditional initiation rights of retiring their old white belts by tying them permanently, each of the nine students received their respective blue belts and certificates from Banez, assisted by brown belt Iver James Lilles and blue belt Tristan Sablan.

The new blue belts are all thrilled and excited about their promotion. According to John Riley Austin, 15; he joined Karate to learn self-defense. "I am enjoying it, learned a lot, met new friends, and also feel more confident in school." He added that he feels great about getting his blue belt and that he will continue going forward toward his goal of being a black belt in Karate.

The same goes with Spencer Floyd, 46; who feels great about the promotion and remarks that it is just the beginning. When asked why he joined Karate, he said, "I wanted to do something physical, and martial arts is something I never really tried (before). I am having fun and enjoying myself."

One of the youngest students Colin Lilles, 7; said that he is doing Karate as self-defense against bullies. He said he is excited and looking forward to getting a green belt in the future as it is his favorite color.

Banez, who started his own Karate journey at age 9 in the Philippines and received his black belt at 18, opened his Karate dojo in Saipan in 1991. When asked what keeps him teaching, he said, "For me, it is my passion. I don't really make money out of it. It keeps me younger, flexible, and energetic despite my age of 68, that is the secret of Karate."

He said he is looking forward to preparing his students as his dojo has been specially chosen to represent both the CNMI & Guam in the prestigious WKO Shinkyokushinkai Full Contact Karate Championship in Japan in 2024.

NHORLEEN BITCO LILLES

One of the youngest students in the dojo Colin Lilles, 6, receives his certificate of promotion from sensei Danny Banez with blue belt Tristan Sablan and brown belt Iver James Lilles.

NHORLEEN BITCO LILLES

Willie Guo, 9, receives his certificate of promotion from sensei Danny Banez with blue belt Tristan Sablan and brown belt Iver James Lilles.

NHORLEEN BITCO LILLES

Sixteen-year-old Sheryne Yang smiles at the camera as she receives her certificate of promotion from sensei Danny Banez.

Embiid scores 26, Oubre 25 as 76ers beat Suns for 4th straight win.

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Sports

Inaugural 40+ 'OG' hoops league meeting this Saturday.

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Hopwood dethrones SIS in penalty shootout

LEIGH GASES

Hopwood Middle School Hilitais pose for a group photo with the championship trophy and perpetual plaque after winning the 2023-2024 NMIFA-PSS Interscholastic Middle School Girls Soccer League championship last Thursday at the NMI Soccer Training Center in Koblerville.

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

Hopwood Middle School Hilitais and Saipan International School Geckos had a finals rematch that rivaled last season's as both teams put it all on the line for the coveted title.

After a scoreless regulation, the 2023-2024 NMIFA-PSS Interscholastic Soccer League championship game was forced into a thrilling penalty shootout that resulted in a 7-6 final that handed Hilitais the title last Thursday at the NMI Soccer Training Center in Koblerville.

It became a test for their goalies and their kickers' accuracy as it became a tug-of-war with their PK attempts—instead

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LEIGH GASES

Hopwood Middle School's Angel Calayag shoots a goal past Saipan International School's goalie during the penalty shootout in their finals match of the 2023-2024 NMIFA-PSS Interscholastic Middle School Girls Soccer League last Thursday at the NMI Soccer Training Center in Koblerville.

Blue Haus advances to Eagles masters finals vs A Plus Team

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

Blue Haus blew JSN out of contention, 93-60, in their last semis matchup of the Inaugural SMEC-SMLEG Invitational Basketball Tournament 2023 last Thursday at the Gualo Rai Basketball Court.

Blue Haus will once again face off with A Plus Team-Saipan Marine Corp. in the much-awaited finale scheduled for this Saturday at the Koblerville Gymnasium.

It was a "three" for all with Blue Haus capitalizing from the outskirts and extending their lead to 29 points, 79-50, at the end of the third quarter.

Jay-R Barrios and Elmer Esdrelon tag-teamed

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LEIGH GASES

Blue Haus' Tony Diaz goes for a jumper against JSN's Bernard Montano during their double-elimination semis of the Inaugural SMEC-SMLEG Invitational Basketball Tournament 2023 last Thursday at the Gualo Rai Basketball Court.

9 promoted to blue belt in Kyokushinkai Karate

By NHORLEEN BITCO LILLES
SPECIAL TO THE SAIPAN TRIBUNE

It was a test of skill, discipline, and mental and physical toughness for the nine white belt students of Kyokushinkai Karate Watanabe Dojo as they went through rigorous belt testing last Thursday, Nov. 2, under the tutelage and watchful eye of their black belt sensei Danny Banez.

Ranging from ages 6 to 46 years old, the freshly minted blue belts showed off their newly learned skills in forms and sparring, proving that learning is not limited by any age.

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NHORLEEN BITCO LILLES

Newly minted blue belt Karate students proudly hold their certificates as they pose for the camera with sensei Danny Banez. From lefy, Tristan Sablan, William Guo, Wilson Guo, John Riley Austin, Colin Lilles, sensei Danny Banez, Willie Guo, Sheryne Yang, Mickaella Yue Yang, Spencer Floyd, and Iver James Lilles.